

OWL in the Workplace Organizational Wellness Landscape

A Newsletter Supporting Staff Wellness at Crestwood



ALF OWL Vision Board



During the ALF quarterly meeting in May, ALF members created a vision board on what WRAP looks like to them and how WRAP can support and grow in all our Crestwood campuses. It would be a great campus activity to create your own OWL Vision Board.

Updated WRAP 1 Slides!



There are updated WRAP I slides now available in the WRAP Facilitator's Teams page. These slides have been improved to work better than ever with the current workbook. If you are a WRAP I Co-facilitator and need access to Teams or to the slides, reach out to Sam at samantha.tatro@cbhi.net.

"Hope is being able to see that there is light despite all of the darkness." -Desmond Tutu



WRAP Refreshers @ Sac HO More to come in 2024

Seminar II:

Hiton Garden Inn Natomas September 18 - 22

Seminar III:

Hiton Garden Inn Natomas November 5 - 10

Contact Sam at **samantha.tatro@cbhi.net** to sign up for WRAP Seminars I, II and III! More dates will be annouced in 2024.

WRAP/OWL SITE VISITS

Earlier this year the WRAP committee along with the support of regional ALFs were ambitious to get the OWL site visits up and running. We realized that it was too soon to hold site visits as we were scheduling WRAP I trainings for mentoring and WRAP II trainings and Refreshers to get staff certified. We will revisit regional site visits in 2024 which will be upon request of the campus. More to follow.

