



## The 1st Crestwood co-led ALF Seminar!



## Meet Nicole Paiste



Currently the Administrator for the Solano campus in Vallejo. She has worked across a handful of campuses in the 4 years with Crestwood. Her proudest accomplishments is becoming an ALF in 2024. She sees how our Person Served use the skills to reach their goals and loves when staff have gone through WRAP I and practice self advocacy. They offer WRAP I seminars and invite staff from other campuses that may not have facilitators.

Becoming an ALF has been part of her journey because she sees how effective WRAP is. She stated "I know myself well enough to know that I struggle with the personal responsibility of taking care of myself. I am a firm believer that I utilize my WRAP plan so often because I teach WRAP!" Some of her favorite wellness tools are being by the water, singing at the top of her lungs, and painting. WRAP shows up in her daily maintenance plan. Things that keeps her well are getting enough sleep, watching something funny everyday, and brushing her hair. It allows her to be the best friend, sister, daughter, partner and leader that she can be.

## WRAP Symposium Conference



The 2025 WRAP Symposium was just announced! It will be held this October 6-8 in Great Falls, Montana. More information and calls for presentations COMING SOON. Be sure you are signed up for the newsletter to get the latest WRAP news. Sign up for it at [wellnessrecoveryactionplan.com](https://wellnessrecoveryactionplan.com)



### Seminar I:

Sonoma - April 29 - 30

### Virtual Seminar I | Train the Trainer:

Four Mondays in June  
6/9, 6/16, 6/23, and 6/30  
9:00am - 12:30pm

### Seminar II:

Cap Mall Training Room  
May 13-16 and July 22-25  
Hilton Garden Inn Natomas  
November 3-7

### Seminar II Refresher:

Cap Mall Training Room  
September 23 - 25

### ALF Meeting:

**Zoom:** June 12

**Cap Mall Conference Room:**  
October 14 - 16

## Welcome New ALFs!

The WRAP committee is happy to share that the following campus staff have successfully completed the WRAP Seminar III ALF Training on April 11th.



Sharon Lindley  
Crestwood San Diego

Denise Laguna  
Crestwood Manor - Alameda  
Barbie Reese  
Crestwood Center - Sacramento

Erick Basave  
Crestwood Bakersfield

Jonte Garner  
Champion Healing Center

*"The DEEP roots never  
doubt SPRING will come."  
~Marty Rubin*