



WRAP Symposium Conference Update!



October 6th thru the 8th, at this year's WRAP Symposium Conference, in Great Falls Montana, we will be having Shanel, Greg and Linda representing Crestwood. They will be facilitating wellness workshops for all attendees, like the infamous art puzzle pieces, karaoke and Zumba. Linda, from the Bakersfield campus, will be presenting a workshop on "The Power of Play: Promoting Recovery and Wellness through Creativity." Shanel will be presenting "The Dynamic Duo: Recreational Therapy and WRAP." And Greg with "How Zumba Leveled the Playing Field in Behavioral Health" and "Wellness @ Work".



Alameda WRAP 1



CAP Mall WRAP 2



Seminar I:

San Francisco
September 16 - 17

Seminar II:

Hilton Garden Inn Natomas
November 3 - 7

Seminar II Refresher:

Cap Mall Training Room
September 23 - 25

ALF Meeting:

Cap Mall Conference Room:
October 14 - 16

"Autumn is a second
spring when every
leaf is a flower."
~Albert Camus

Meet Jen



Jennifer Tignor

Program Activities Assistant | Redding Crestwood | 5 years of service

My wellness tools are music, reading and camping.

I became a WRAP ALF because I believe that anyone can learn to recognize when they are well, how to maintain their wellness and recovery from a Crisis. I have personally benefited from having a WRAP Plan and utilize it frequently. WRAP has changed my life and I want to share it!!

WRAP Shows up for me daily but most recently it showed up for me during a crisis. I was unable to walk due to a herniated disc and needed back surgery. I utilized my crisis plan and was able to rely on my support system. I definitely needed WRAP during recovery and had to remind myself to take it slow. Recovery doesn't happen overnight. I utilized a wellness tool of Looming a blanket for my granddaughter.



Stockton WRAP 1

Contact Sam at samantha.tatro@cbhi.net for all WRAP related inquiries!