

R

ecovery Road

...Voices in Recovery!



Vol. 10, Issue 2

October 2017

Welcome New CFLC Staff

Recovery Academy Drama

Healthy Choices for Myself

My Strengths

God Bless You

Unexpected Opportunities

Spotlight for the Stars

Save A Life Today Walk

Steps of Life

Mental Health First Aid

1 Welcome New CFLC Staff

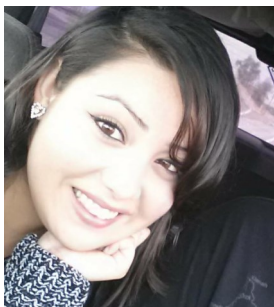
2 By Lisa Franceschi

3 Hello!!! My name is Lisa Franceschi and I am one of the new
3 Recovery Specialists at the CFLC. I joined the CFLC team in July and
3 I look forward to getting to know all of you. Let me tell you a little
4 bit about me: I have a Bachelor of Arts in Humanities from San
4 Francisco State University and a certificate in Drug and Alcohol
4 Studies from Cal State Bakersfield. I have worked as
5 a teacher and a substance abuse counselor and I plan
5 on returning to school to get a Masters in Social
6 Work. My passion is helping others identify and
6 achieve their recovery goals. My hobbies are
reading, writing, photography, sewing and painting.

I am very excited to be a part of the CFLC and all the amazing things we have going on here!



By Lauren Galinato



Hi, my name is Lauren Galinato. I am newly employed as a Recovery Specialist I at the Consumer Family Learning Center (CFLC). I am working on my Master's degree in counseling as a Marriage and Family Therapist (LMFT). I am a very compassionate person. Healing and helping those in recovery is my passion. I am very happy to work at the Consumer Family Learning Center to assist those in recovery by providing support through listening and facilitating classes. I teach different classes that relate to topics such as stress management, how food affects mental health, and self-care. The most rewarding aspect of my job is when CFLC members come up to me and tell me that they like coming to my classes because I am authentic, compassionate and I give unconditional positive regard. In other words, they tell me that I'm genuine and that I truly care and do not judge them because of mental health or substance use challenges.

I like to practice what I teach and do stress management as well. The things I do as part of my self-care regimen are to get pampered, have coffee or tea, read for fun, spend time with my boyfriend, and exercise. The self-care that has helped me the most is my boyfriend because he has always been there for me and is my strongest support system. I make sure to implement time into my schedule for these activities so that I can be my best and to be supportive to others at my job. I also do it for my own mental health because I'm passionate about mental health and recovery. I am very thankful to have this job because this is what I love to do and it is everything that I have ever wanted.



BEHAVIORAL
HEALTH & RECOVERY
SERVICES

2001 28th Street, South Tower, Bakersfield, CA 93301

P. O. Box 1000, Bakersfield, CA 93302

661-868-7550

www.kernbhrc.org/cflc

Recovery Academy Drama Committee

By Charlie Lampman

The Recovery Academy Drama Committee or “RAD Committee” is comprised of a group of dedicated Consumer Family Learning Center volunteers and staff members. RAD performs mini-plays, which are designed to teach newly hired county employees the best practices to use when they encounter people at work with mental health challenges. The plays visually represent activities from phone conversations to assisting a person who is struggling with auditory and hallucinatory symptoms as well as insider negative speech traps to avoid. RAD also answers questions concerning how every person wishes they were treated when they seek help at Kern Behavioral Health and Recovery Services.

By Mark Beck

I found that volunteering with the RAD Group to be very rewarding. The opportunity came along at a very challenging time in my life (I had just become homeless and was living at the Mission) and I found that it helped give me a purpose and continued focus. A huge thanks to Charlie and Tammy for being my advocates!!



By Toni Destefani

In May 2017, a psychiatrist I was seeing for depression and social anxiety strongly encouraged me to leave my comfort zone and put “myself out there.” She then gave me an activities calendar for CFLC. It took approximately 3 months to summon up the courage to walk through the doors, but I’ve never looked back.

My first activity was a Root Beer Float social. It was at this 30-minute activity I was told about a volunteer program involving role play and the RAD Committee.

Three days later, I attended my first rehearsal. Immediately, it was clear the people in this group enjoyed the project and welcomed me into it. Over the next few weeks I volunteered for RAD twice per week, but I still did not have clear understanding or the full effect of our goal.

For me, the full effect became clear the day we performed in front of approximately 50 staff, counselors, and mental health personnel.

Listening to the feedback, observations, questions and life stories of our members, it suddenly clicked for me in a powerful way. It was touching and emotional. I was not only proud of my own growth, but felt it truly a privilege to be involved as a volunteer. Thank you Charlie, Terry, Christina, Thomas, Summer and fellow RAD peers. Thank you for accepting me so warmly and inspiring me with your commitment and encouragements.

Healthy Choices for Myself

By Todd Sabin

I like coming to the CFLC. Coming here helps for my symptoms, mainly with anxiety. I am a new resident of Bakersfield. I come from L.A. County. I lived in L.A. County my entire adult life. I am in an assisted living program. I came to live in Bakersfield because the city had the best assisted living home on the assisted living program list. Here in Bakersfield I go to Golden Corral as a reward for my accomplishments every so often. I like eating the steak and fried chicken there.

I like going to CFLC Monday through Friday. I have made a lot of friends and gone to a lot of helpful classes in the two months I have been going to CFLC. The Overcoming Anxiety class helps calm me and reduce my anxiety. I feel the therapeutic value of the class. Creative Writing class has been stress reducing and relaxing for me. I like writing about my blessed life and what I am thankful for. My social worker/recovery specialist set me up with a therapist. I really like the mental health help in Bakersfield.

My Strengths

By Daniel Alvarez

My strengths as a person are being a good listener to my family and friends. I cook my own meals for myself as well as my Dad. When the voices get tough, I get tougher by going to the gym and trying to think good thoughts. Some voices can be cool and other voices are not.

Another one of my strengths is taking pride in myself by keeping clean and dressing nice.

I play my Xbox One when my voices are bothering me and I also listen to my iPod with my headphones to try to tune out my voices.

I do Tae Kwon Do to help keep my mind busy and body physically fit where they also teach discipline.

My Mom works hard at her job which makes me want to be able to work like she does in the future. My Mom is the best thing that has happened to me. My Stepdad is a great guy who loves my Mom dearly and has always taken care of us.

My Dad is always there for me, encouraging me to try to be a better person. We work out together and do a lot of activities together. I'm thankful that my Dad is there for me.

My Brother is a strength in my life because he is always there for me and lets me know that I can call him any-time if I just need to talk. We also love to do things together like go to Dodger games and watch sports on TV together. My brother is one of the coolest guys I have ever met.

God Bless You

By Carl Turner

My name is Carl Turner. I am 47 years old. I was born in Long Beach. I moved to Bakersfield two years ago. When I came to Bakersfield my sister told me about CFLC. We came to the Center and they gave us a tour and I liked it right away. That's when I signed up. One of my favorite classes is Artistic Expressionism. I get to learn how to draw. I also like math and reading classes. For my recovery, I stay focused and come to all my classes. I like the staff and I get along with all the members.

Unexpected Opportunities

By Michael Zimmerman

Decision-making is always positive whether the decision was good, bad, or indifferent. A learning experience was provided. Learning is the path to healing, growth and recovery. There is opportunity to learn and grow from the most challenging and unexpected situations. We find meaning through our challenges. Recovery happens when one takes chances by reaching out for help with mental health services. Dedication and perseverance is needed to grow. One needs to stay with the treatment plan to recover. None of this happens unless one takes a risk and asks for help. It's important to continue with treatment of mental health services no matter how difficult things get. Mental health services have helped me make better decisions and nail things right on the button.

Spotlight for the Stars



Our Spotlight is on Darrin Hill for this quarter. He has grown in leaps and bounds since joining us at the Consumer Family Learning Center. He started out as a shy person who would attend a group here and there. He soon began attending more groups and classes such as Collage for Healing, Reading, Writing and Math, and Introduction to the Internet. He gained knowledge during these classes that helped him achieve some of his goals. He made connections with a variety of members at CLFC whom he now considers close friends.

As Darrin gained more confidence, he felt as if he could do more for his community at CFLC. He pursued his desire to become a volunteer. Darrin made sure he was ready to take on this next step in his life so he strengthened some of his skills that could help him be a great volunteer. As he worked on these skills his confidence grew as well as his desire to help others. At this point, he felt ready to make a commitment to volunteering. He actively volunteers as a computer lab monitor. He has been able to utilize the skills he learned in the various

groups and classes at CFLC to help many people. Darrin learned new skills that he now assists others through his volunteerism. His punctuality, dedication, and sense of responsibility has allowed Darrin to become a wonderful asset to CFLC and a great friend to many members that come to CFLC. He is a constant fixture at the Center and enjoys conversing with members in the lounge. He also loves to attend the Board Game Fun group and Creative Expressions.

These small steps have helped Darrin achieve things that seemed difficult to attain. He was able to grow, learn, and experience various things in the safety of the Consumer Family Learning Center. In the beginning, he took the small step of attending a class here and there at CFLC. He then became more active in engaging with members and now he is a volunteer that loves doing what he does. Darrin is gaining more knowledge and experience that he will be able to take with him and that will lead him to do even greater things.

Save A Life Today Walk

By Ellen Eggert

The Save A Life Today 3rd Annual Stomp Out Suicide Walk was held at Beach Park on September 9th to raise awareness about suicide prevention in Kern County. SALT is the only local nonprofit dedicated to suicide prevention and assisting those bereaved by suicide. Funds raised from the Walk go toward various trainings and suicide awareness events in Kern County, paying for funerals for those lost to suicide, supporting loss survivors in other ways, and supporting outlying areas in Kern County with mini grants for suicide prevention. The walk was hopeful and supportive for those who have lost a loved one to suicide.



My Experience at SALT Walk

Anonymous



I went to the suicide walk on September 9, 2017, at Beach Park. It was so good and I was moved by the walk. It opened my eyes to what the families of those that commit suicide go through. I saw how the family members are still missing them. Their lives are turned upside down not having their mother, brother or daughter around anymore. They have an empty feeling in their stomachs now. Some

are angry that they are gone forever. Suicide is preventable. It gives me a will to live and not die. Life is so much to live for now.

Steps of Life

By Linda Rother

A pair of pink silk baby shoes are sitting on my dresser. As I unlace the shoelaces in my mind, I am reminded of my childhood. I was a happy and energetic young girl. I had a joyful childhood until my mother's passing when I was twelve.

As I grew into my high top sneakers of high school, I received my diagnosis of bi-polar when I was fifteen. I needed the support of my high top shoes to get me through the rough spots of being a bi-polar teen. I discovered myself thru arts and crafts and cooking in high school. I learned to sew in high school and made my first pink apron with polka dots and lace. I also developed my cooking skills as a teenager in high school. I took cooking class, where I learned how to bake cookies, cakes, and pies. I received A's in both classes. My high top sneakers provided lots of support for the energy I needed to graduate second in my high school class.

As I went on to college, I wore my shiny black professional shoes that got me through my tough years of late night studying, college papers, and test taking. I took art and computer classes to receive my college diploma in liberal arts with honors. As we put on our dancing shoes of life, let's remember the strides in our steps and talents we possess. We may have a mental illness, but that does not limit us. We can dance the center stage of life with our dancing shoes on, as the curtain of life falls down.

Mental Health First Aid

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes first aid is **YOU**.

A person you know could be experiencing a mental health or substance use problem.

Lean an action plan to help.

Consumer Family Learning Center

2001 28th Street, Bakersfield
Thursdays, 3:00 PM to 5:00 PM

8-hour course conducted once a week in 2-hour sessions. The first session is required to attend the other sessions. Course must be completed within two (2) months.

You are more likely to encounter someone is an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker, or neighbor in need. Get trained in **Mental Health First Aid**.

Join the movement.



***Take a course. Save a life.
Strengthen your community.***



To register for the class, contact: Estela Padilla at EPadilla@KernBHRS.org or call (661) 868-6674.

Please provide your full name, phone number, and e-mail address when registering.
More information can be found at www.KernBHRS.org.

Where Recovery Happens
Consumer Family Learning Center

2001 28th Street
P. O. Box 1000
Bakersfield, CA 93304-1924