

RECOVERY ROAD

Voices in Recovery

December 2020 issue



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About the CFLC

The Consumer Family Learning Center is a community. With countless classes, support groups and activities, the CFLC gives its members a safe space to learn more about their recovery, build lasting friendships and explore their passions. The CFLC is part of Kern Behavioral Health & Recovery Services and is funded through the Mental Health Services Act.

COVID-19 OPERATIONS

Due to the COVID-19 pandemic, the CFLC is offering peer-led classes and support groups virtually! These groups are for adult clients only, and class sizes are limited to 18 attendees.

To become a member or for more information, call the CFLC at 661-868-7550.

 2001 28th St., South Tower, 1st Floor
Bakersfield, CA 93301

 661-868-7550

 www.KernBHRS.org/cflc

SPECIAL NUMBERS

Crisis Hotline
1-800-991-5272

Substance Use Division Access Line
661-868-6453

Suicide Prevention Hotline
1-800-273-8255



A MESSAGE from our DIRECTOR

It is with great fondness and many enjoyable memories that I write this farewell to the members of the CFLC. When I began in the mental health and substance use field, we didn't have anything like the CFLC. The Recovery Model that supports the healing power of lived experience was still in the future. The MHSA requirement to include people and families with lived experience in program development was still years away.

Today, we have certified substance abuse counselors, many with lived recovery experience or family experience. I have sat with CFLC as members on the Behavioral Health Board while they provided key feedback. In 2020, the landmark Mental Health Peer Certification bill was passed, joining the already existing Substance Use Disorder counselor certification. To put it mildly, you've come a long way.

Thank you for being good students, good teachers and role models for all. Thank you for your perseverance and support for one another. I can truly say you have enriched my life in ways that I will never forget.

CFLC MESSAGE

Kern Behavioral Health and Recovery Services (KernBHRS) cares about your health and safety and because of the COVID-19 restrictions, the Consumer Family Learning Center (CFLC) is currently closed to in-person groups and activities. We here at the CFLC value our members and want to continue to be here for you. We have converted our groups into a virtual format! All CFLC members are welcomed to participate, and all that is required is a phone to call into groups or to attend virtually using the Microsoft Teams app on a computer, tablet or smartphone. If during this time you are unable to participate in CFLC groups, but would like to remain connected to the CFLC, please call the main desk at 661-868-7550 to be connected to a CFLC staff member.

The CFLC has a fun way to motivate new and current members to try our virtual format. While the CFLC is closed to on-site groups, we will be doing monthly raffles! Participation in the monthly raffle is easy. Every new member receives 3 entries when they first

sign up. Every current member receives an entry for each group they attend. The winner is drawn on the third of every month. Please call the CFLC main desk number for complete details.

We look forward to continuing to help everyone in their recovery within our new safe and convenient virtual format.



ART 4 the SOUL

Art is good to the soul! Research has shown that your brain gets into a mental flow when creating art. It helps you set aside your worries and focus on the detail of the art that you are creating. The health benefits of art include relieving stress, improved mood and contributes to overall good behavioral health.

The CLFC's "Art 4 the Soul" class is every Friday 10:30 a.m. to 12 p.m. in virtual format only. All members must participate in the class through Microsoft Teams app. The class teaches painting techniques using acrylic paints. The class helps increase painting skills and offers a place for socializing with other members by sharing fun stories and our personal painting techniques.

Two of our members agreed to share their personal experience at the CFLC and attending the virtual Art 4 the Soul class.

FRIDAYS
10:30 a.m. – Noon
Microsoft Teams

LAURA

Laura's confidence with painting has increased and she is benefiting from the joy she receives from being a part of the CFLC Art 4 the Soul class.

“I look forward to paint class every week! My family enjoys what I paint, and I feel very happy with what I am creating.”

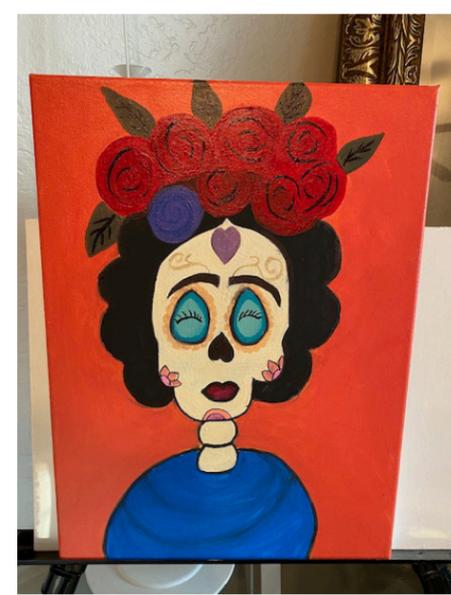


May you be inspired to paint your own masterpieces! There are many ways to paint more from home, such as free online instructional videos, free virtual paint classes or the best option; to just pick up a paint brush and see what inspires you. Basic paint kits can be purchased at discount stores and deals can be found at craft stores. So go for it! Take some time aside to paint, reconnect with your imagination, and improve your health!

FRANCESCA

Francesca attends Art 4 the Soul weekly. These are some of her paintings from the class.

“I am in behavioral health recovery and when I walked through the doors of CFLC, I didn't know what to expect. I was afraid, but nonetheless, I entered and was greeted with kindness and dignity. The staff at CFLC have become my greatest support system. I'm able to share openly and receive wonderful feedback from both staff and members. I've learned coping skills. The group, Seeking Safety, has been beneficial because I've gained safety skills and the group does well in explaining C-PTSD. I've gotten out of my box and have participated in karaoke, Zumba, basic guitar acrylic painting, oil painting, beading and sewing. I'm a volunteer and help where needed. I was highly chosen as a member of the advisory board for 2020. Always remember to share with others that CFLC exists and there is a HOPE. There are so many advantages of attending CFLC! I wasn't aware of the center, but I was referred and this has been one of the greatest experiences in my recovery.”



Recovery with art

During these difficult times, many CFLC members do art to elevate their mood and work toward recovery. Art helps people express themselves visually, without the requirement of words. Art can help boost confidence and make us feel more engaged and resilient. Art engagement also alleviates anxiety, depression and stress. Two of our members agreed to share their work.



RICHARD:

“Here are some of my recent paintings. They were fun and quick 9 x 12” watercolors, some of which will be on exhibit around Bakersfield in September. I do not make a living at art, but I am both a hobbyist and professional artist. I owe much of my artistic achievements to early family and teacher support and now more than ever to the great support from KernBHRS, CFLC, and great local art groups, such as the Bakersfield Art Assoc., Bakersfield Museum of Art, Dagneys Coffee Shop, the Arts Council of Kern and Covenant Coffee.”



MATILDE

“Mi nombre es Matilde. Llo sufro de depresion desde nina. Sufro de pensamientos de suicidio. Tratando de sobre vivir dia con dia, en una ocasion cuando estaba con pensamientos de suicidio, decidi ir a comprar pintura y comence a pintar en la pader donde a mi me gustaria estar. Empece con montanas tratando de ocultarme, empece a sentir un desahogo un Alivio. El lago significa para mi me da paz tranquilidad, la luna me ilumina mis pensamientos donde senti un gran Alivio. Cada noche duermo en paz.”

COOKING on a BUDGET

MONDAYS
10-11 a.m.
Microsoft Teams

During the winter months, a warm home cooked meal fills our homes with great scents and our tummies with good food. Eating healthy is part of recovery; by cooking healthy meals and choosing nutritious food, we are doing self-care. The CFLC's group "Cooking on a Budget" promotes eating well with an emphasis on good nutrition within a strategic food budget.

Cooking on a budget involves discussions and tips on:

- Making meal plans
- Building your meals with the weekly grocery store flyers
- Shopping for groceries at a discount grocery store
- Smart nutrition

CREAMY TOMATO & SPINACH PASTA

Please try this low-cost and tasty meal, free from budgetbytes.com, that can fit anyone's budget! This meal can be adjusted to fit your nutrition needs, such as adding proteins (like chicken, tofu, meatballs) and/or adding more vegetables.

Prep Time: 5 mins
Cook Time: 20 mins
Total Time: 25 mins
Servings: 4

INGREDIENTS

- 1/2 lb. penne pasta
- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp olive oil
- 1 15oz. can diced tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 pinch crushed red pepper (optional)
- 1/2 tsp salt
- Freshly cracked black pepper to taste
- 2 Tbsp tomato paste
- 2 oz. cream cheese
- 1/4 cup grated Parmesan cheese
- 4 oz. fresh spinach

INSTRUCTIONS

- Bring a large pot of water to a boil over high heat. Add the pasta and continue to boil until tender (7-10 minutes). Drain the pasta in a colander.
- While the pasta is cooking, prepare the creamy tomato sauce. Dice the onion and mince the garlic. Add the onion, garlic, and olive oil to a large skillet and sauté over medium heat until the onions are soft and translucent (3-5 minutes).
- Add the diced tomatoes (with juices), oregano, basil, crushed red pepper, salt, and some freshly cracked pepper to the skillet. Stir to combine. Add the tomato paste and a 1/2 cup of water to the skillet and stir until the tomato paste has mixed into the sauce.
- Turn the heat down to low. Cut the cream cheese into a few pieces and then add them to the skillet with the tomato sauce. Use a whisk to stir the sauce until the cream cheese has fully melted and the sauce is creamy. Add the Parmesan to the skillet and stir until it is melted into the sauce.
- Add the fresh spinach to the skillet and gently stir it into the sauce until it has wilted (2-3 minutes). Add the pasta and stir until it is well coated in the creamy tomato sauce. Taste and adjust the salt and pepper as needed. Serve warm.



Mental Health Recovery

Word Search

F F L V Q V C W S D Q E D Q G M E C H R R G P Z
X L S Q D J A Q R R Z I E H Q S J U B V Q Q A X
H T A E R B D O B N P H N G V F A Z W I Z O I Z
P X N I X E Q I G N O R T S N Z S G Q W V M B C
K Q A Q D M D O O W A M R Q K A W M N G E D E N
U T Y Y Z P V X X Y B R E E N E H S G I F S R Z
M B K P X O W A U F K C C C R D V C Q N B B Z K
Q X G Y S W Z U S J K J O L P A E W O M H I X E
V G I B Z E L I O U V Z V F Z J C I W H S E Q U
X L H Q U R P J P J S R E R R B T F K S S V A A
T K E R U M Q F Q W S M R F R A N X L S R E X Z
B G P S J E K K E E K F Y R X O Y L E E D I S I
Q B O N D N V L V Q M C E A W A O G Y A S L E Y
B L Y W H T K S I A C N L P I Y W U V J E E C L
Y Z J R N N U Y T E Z E L L O X H U K F F B O R
I B N S F R L K I L R C D X Y H X W T R T Z X V
L N B A V B C W S Q V O L A E U I R I B F Y O K
L H M I D E T G O Z D A E W Y V N P W C L V N Y
F I V X V V W X P X H A L D J B A I W X Y G K F
N O R W O Q V O K P E Q J G Y N R R T F O S P N
R L F L H O J H N K V E R E V I H X B B C W O R
Q Y S F P U C B I I E U U N A B W K Z M T L O N
T X A Y U T F L H T K O I N F L A S V Z B N U T
E Z C N P Q D S T M M N Y S G C B W D H Q Y H D

Believe thinkpositive strong breath brave survivor hope
empowerment change selfcare relaxation recovery

Things may be *different*
but we're still *here*

Due to the COVID-19 pandemic, the Consumer Family Learning Center (CFLC) is open **VIRTUALLY**.

To see which classes and groups are available, visit www.kernbhrs/cflc or call **661-868-7550**



This is the season to have **HOPE**.

Hope is vital in recovery. We want you to always remind yourself **WHY** behavioral health is important to you and what you hold hope for.

My reason for **HOPE** is:

I will use hope in my **RECOVERY** by:

By holding hope, we become stronger for ourselves and proficient at helping others.

Be well, be safe and share **HOPE** this season!

