



Crestwood Behavioral Health Center Eureka, California

Mental Health Rehabilitation Center (MHRC)

Core Program Description

Our Center is located in a tree-lined area in Eureka near the famous Northern California scenic redwoods and beautiful coastlines. As a part of a larger campus, including an Adult Residential Facility and a Residential Care Facility for the Elderly, our MHRC clients get opportunities to interact with a larger Recovery-based community. Our programs mostly admit conserved clients referred from county public guardians or mental health departments. Rates are kept with the Campus Administrator.

Our 24-bed MHRC, for adults (ages 18+) with a primary mental health diagnosis, operates 24/7. It offers a unique size and setting for the provision of an intimate psychosocial rehabilitation program designed to recognize the individualized nature of the recovery process and the importance of client-centered services. This program is built upon Crestwood's Four Pillars of Recovery: Hope, Empowerment, Meaningful Roles, and Spirituality. Our primary goal is to assist our clients in finding solutions to the barriers preventing them from living successfully in the community setting of their choice and attaining their personal life goals. Supporting the clients are their interdisciplinary treatment team (members of the program, recreational, nursing, and dietary departments), their county representatives, their family, and other stakeholders guiding them to success. Through the Recovery process, we teach and encourage relationships with self, peers, the community, service providers, and family or chosen supports. It is through these various relationships that one finds hope, strength, inspiration, mentors, allies, friends and a sense of belonging.

Program Goals:

1. To assist clients in identifying their own needs and goals to enable them to move to back to their community or a lower level of care.
2. To provide services which are holistic, recovery-based, culturally sensitive, and respectful to the individual nature of the recovery process.
3. To support each client in identifying and building strengths, self-esteem, self-reliance, and independence.

4. To provide services in a way that reflects Crestwood's Four Pillars of Recovery: Hope, Empowerment, Meaningful Roles and Spirituality.

Program Tools Utilized to Accomplish Goals:

- A variety of skill building groups, including evidenced-based and emerging best practices, to teach skills such as Dialectical Behavioral Therapy (DBT), Wellness Recovery Action Plans (WRAP), dual recovery, General Education Diploma (GED) studies, symptom management, medication education, sex education, relationships, anger management, and stress management.
- A recreational program component, which utilizes arts, crafts and games, and prevocational training through the Dreamcatchers as guides and opportunities for greater self-expression, self-esteem and meaningful accomplishments.
- A milieu which focuses explicitly on the principles of recovery to foster active program engagement, healthy relationships, and shared decision making.
- Recovery service plans that are that individualized, clear, and created with the greatest level of client input as possible.
- Outings which maximize community access to such destinations as our local peer run recovery center, parks and recreation areas, seasonal festivals and 12-Step meetings.
- Opportunities to further community engagement with independent passes and participation in community service.
- Input and participation of family members, friends and other supports/stakeholders.

Discharge Criteria

Discharge planning starts from the moment of admission with the client to establish discharge goals, their strengths and barriers related to community placement, and the resources available to support them. Numerous factors are considered when assessing if a person is prepared to successfully reside in a community placement. These factors include consistently refraining from engaging in behaviors that endanger themselves or others, an understanding of what steps they must take to maintain their own recovery, and an understanding of the role of medication in maintaining wellness. Discharge readiness is addressed in weekly and monthly progress summaries and during quarterly assessments. Decisions regarding discharge are arrived at together by the interdisciplinary treatment team, the client's county representatives and the client. The client's family or support persons of choice are also included when possible as requested by the client.