



CRESTWOOD RECOVERY AND REHABILITATION CENTER, VALLEJO

CORE PROGRAM

PROGRAM DESCRIPTION:

Crestwood Recovery and Rehabilitation Center is a 91-bed Mental Health Rehabilitation Center licensed by California Department of Health Care Services Mental Health Services and accredited by CARF. We provide services to clients who are mentally challenged combined with alcohol, drug addiction and who have other behavioral needs and other mentally challenging issues.

The facility is on a 7-day program Monday thru Sunday. Milieu groups and activities are designed to meet the needs of the adult population ages 18-70 years old. Milieu groups start @ 0800-7:30PM.

The program provides a diverse program/recreation staff, licensed staff support 24 hours a day, 7 days a week.

We have Pharmaceutical services, a Medical Director to provide the medical needs of the clients, 2 Psychiatrists to serve and assist them with their mental challenging issues 24 hours a day, 7 days a week.

Other staffs include a Licensed Psychologist and a Psychological Assistant for 1:1 therapy/counseling, Social Services Staff, Service Coordinators, Dual recovery Specialist, Recreation Therapist, Activities Director, Director of Education and Asian Resource Specialist for our Asian Clients.

Referral sources and payers come from various contracted county mental health in varying levels of care, private pay, Veterans' Administration.

The program also addresses the unique needs of Asian clients, VA recipients, forensic clients and county clients.

The environment is locked, structured, groups and activities are designed to meet the needs of the adult population ages 18-65 years old.

We strive to be mindful and develop cultures that create healing, healthy and safe environments utilizing non-violent practices.

PROGRAM PHILOSOPHY

The mission of the program is to provide a largely self-initiated recovery process for our clients which is geared towards the strength, needs, abilities, preferences and their own personal goals in a secured, structured, and locked setting. The program encompasses recovery-based philosophies and principles on hope, respect and self-determination, medication and treatment, empowerment, education and knowledge, self help and support, spirituality and employment/meaningful role.

The staffs believe that empowering our clients, giving them support and helping them in making choices, they will be better served and reach their higher level of independence thru skill building, support, structured levels of the program and transition to a meaningful, successful community living.

PROGRAM GOALS:

1. Develop a treatment plan that is client-centered with their participation and input geared towards their identified strength, needs, abilities, preferences, and personal goals upon admission and updated as needed.
2. Goal is for the clients to develop their skills and functioning necessary to transition to a meaningful, successful independent living in the community in 6-8 months.
3. Active collaboration, participation of the clients, stakeholders, family in all aspects of the program from the time of admission until discharge.

TOOLS UTILIZED BY THE PROGRAM

1. Provide a psycho social, spiritual, diverse milieu that is consistent with the personal choices, needs, and strength of the clients, except for items contradicted by their individual treatment plans.
2. Provide training in community integration/activities through supported living skills, life skills for vocational success, pre-vocational training, in-house volunteer program, Dreamcatchers Empowerment Network, computer classes at the community college, and community activities/special events.
3. Provide Wellness Recovery Action Plan (WRAP), Dialectical Behavior Therapy (DBT) skills training, pathways to recovery and a diverse array of classes ranging from core recovery to art expression, independent living skills, and relapse prevention.
4. Provide access to onsite educational opportunities and representatives from numerous faith groups, AA, and NA allowing for spiritual growth.
5. Provide WRAP and DBT for Veterans, WRAP and DBT that is Asian focused and sexual awareness program to sex offenders in addition to above tools.
6. Men's Group providing cognitive and behavioral psychotherapy by Licensed Psychologist.

7. Specific women's group for assertiveness, independent living skills, to increase self-esteem, social skills and interpersonal relationships.
8. Dreamcatchers Empowerment Network program for meaningful roles, to increase motivation, and empower the clients.
9. Different pass levels for community integration.

TRANSITION, CONTINUING CARE AND DISCHARGE PLANNING

Transition plan is person-centered and guides the clients to identify the support needed to prevent recurrence of symptoms or reduction in functioning.

Transition and discharge from the program is addressed on admission in collaboration with the clients and County Mental Health/VA. Quarterly review with the counties/VA and clients are done to set forth program goals, review current needs, issues or concerns.

Our main objective is to reduce the clients' symptoms, increase their abilities to manage their symptoms, no acute hospitalizations, develop their skills to community, and transition to a lower-level of care within 6-8 months.

Criteria for transition and discharge are as follows.

1. Gained insight to illness and ability to manage symptoms.
2. Compliance with medications and ability to know one's medications and importance of taking them.
3. Utilization of DBT skills such as mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness.
4. Developed Wellness Recovery Action Plan (WRAP) for triggers, early warning signs to prevent going into crisis.
5. Ability to integrate in the community using the facility's different levels of passes, activities/outings.
6. Ability to manage money for snacks and shopping of personal belongings.