



The Bridge at Crestwood Healing Center Core Program

The Bridge at Pleasant Hill is a 24-hour, residential community for mental health wellness and recovery. We provide a client-driven, multi-faceted, holistic approach to healing for adults on their recovery journey. Our therapeutic approach is informed by cognitive and behavioral therapies including Dialectical Behavior Therapy (DBT), as well as Trauma-Informed Care philosophies. We actively endorse the ideals and principles of recovery by seeking out opportunities for hope, meaningful roles, empowerment and spirituality.

The Bridge serves up to 64 Contra Costa County adults who have serious mental health issues and are engaged in creating more meaning and increasing independence and self reliance. The average age of our residents is roughly 45 years old, and the average stay is approximately 4 years, though in ranges depending on the needs of the individual. The rates are set in accordance with industry standards and can be obtained from the Administrator. The Bridge was designed in collaboration with Contra Costa County Mental Health, our primary referral source, and works in partnership to serve people who are active in and committed to their mental health recovery. The Bridge does not serve any specific population outside of individuals with a primary mental health diagnosis.

Our residents are at the center of their own treatment; they actively assist and inform the development of goals and activities. We offer groups designed to increase effectiveness in the areas of: mental health management, health and wellness, spirituality, educational and vocational pursuits, skill building, relationship development, leisure planning and activities and more. Additionally, we offer an intensive DBT program and Wellness Recovery Action Plan (WRAP). Program services are available to all residents, regardless of age or diagnosis. Transition planning begins at admission, and families and supporters are encouraged to be part of this team in order to foster a successful next step. A resident's treatment is designed so that there is constant skill development and refinement that promotes more independent living. Discharge indicators vary, and as most residents have the ability to move out whenever they feel ready, the Bridge focuses on best preparing each individual and addressing any potential barriers to community living.

The philosophy of the Bridge is the belief that skill acquisition, support and opportunities to develop meaningful activities will increase independence and community integration by decreasing the debilitating aspects of mental illness. Furthermore, a strong emphasis is placed on helping each individual find purpose in their activities and roles. The tools to achieve this include a supportive environment that focuses on validation and uses person-centered language, a structured while flexible approach that allows staff and residents to together develop goals, a focus on group and individual skill building and a vocational program that helps individuals find more meaning and purpose in their lives.

Program goals include: behavioral support and coaching, skill acquisition and development to promote community living, partnership with county supports, families and other stakeholders, and assisting residents in build personal strengths and self-reliance, refine interpersonal skills, improve self-advocacy and become a valued member of the community.