



Crestwood Kingsburg Healing Center Core Program

Crestwood Kingsburg Healing Center is 44-bed Mental Health Rehabilitation Center (MHRC) licensed by the California Department of Health Care Services-Mental Health Division, that serves clients who are between the ages of 18-64. Our program utilizes evidence-based and best practices, including DBT and WRAP, to deliver trauma-informed treatment and care in a healing environment where peer providers, family partners and staff interact in a recovery-orientated milieu. We believe that those we serve will achieve the most when they are empowered; engaged in developing their recovery plan; given meaningful roles; helped to acquire independent living skills; encouraged explore their spirituality; and are fully supported in their journey of recovery while they strive to reach their hopes and dreams.

Program Goals;

- Assist clients in identifying their needs and areas of improvement they would like to work on to enable them to move to a lower-level of care or independent living.
- To engage clients and help them to develop a wellness recovery action plan (WRAP) that is meaningful to them, that has goals they see as attainable and will help them to move to a lower-level of care.
- Assist each client to build strengths and become self-reliant.
- Provide opportunities to clients to serve in meaningful roles within the program that may include peer education and support, as well as pre-vocational training/experience.
- Foster the acquisition of independent living skills and the ability to handle the challenges of independent living.
- Connection of clients to family and or other natural supports within the community.
- Provide a structure of support and education to allow clients to modify and manage their symptoms and behaviors that impact stability.

Tools utilized by program to accomplish goals;

- Wellness Recovery Action Plan (WRAP)
- Dialectical Behavior Therapy (DBT) skills training groups
- Medication education and management.
- 24-hour supervision and support.
- Individual counseling sessions.
- Peer mentoring and counseling.
- Dual-recovery support and education

- Vocational and pre-vocational support.
- Life skills education
- Family support and education.
- Money management skills.
- Spirituality Support.
- Leisure skills

Entry, Transition and Discharge Criteria

- Clients are referred and screened for admission following our Screening and Access to Services Policy and Procedure.
- Develop a discharge plan within the first 10 day of admission in collaboration with the client and family members, if applicable.
- Medication adherence and knowledge of medications prescribed and uses.
- Abstinence of excessive behaviors for 30 days.
- Participation in required groups weekly for 30 days.
- Insight into the issues that brought the client into the Kingsburg Healing Center and a plan to succeed in the community or a lower-level of care.

Staffing

Crestwood Kingsburg is staffed by mental healthcare professionals 24 hours a day, in compliance with state regulations. Below is a sampling of the types of staff members that are at this site.

- ***Licensed staff** - 24 hours a day and 7 days weekly, including Registered Nurses,*
- *Licensed Vocational Nurses, and Licensed Psychiatric Technicians*
- **Service Coordinators**
- **Rehabilitation Assistants**
- **Mental Health Clinicians**
- **Recreation staff**
- **Dietary staff**
- **Housekeeping**
- **Maintenance staff**
- **Vocational staff**

Rates

Crestwood Kingsburg Healing Center contracts with Fresno County. The clients admitted to the facility are referred by Fresno County and payment is through a negotiated rate with the county.

Giving Back to the Community

Crestwood Kingsburg Healing Center partners with local education programs as a training site for area students pursuing various careers in the mental health field. We provide the interns the opportunity to run groups, provide 1:1 counseling and learn a

variety of skills. We also offer opportunities to psychiatric technicians and psychology majors from area colleges.

Accreditation

We are surveyed annually by Department of Health Care Services: Mental Health Division. Survey results are available upon request.