



Crestwood Behavioral Health, Inc.
Crestwood American River
Psychiatric Health Facility
Core Program

The mission of Crestwood American River Psychiatric Health Facility is to provide an alternative to traditional psychiatric care for adults that are currently experiencing an acute mental health crisis. Utilizing a client-centered, recovery-based model of care, we provide our clients with the structure needed to promote stabilization, foster personal choice and encourage active participation in daily activities and life direction. Through collaboration and empowerment, while providing a healing environment, peer providers, family partners, and a recovery oriented milieu, our goal is to restore a self of hope, self-direction, and realized potential of recovery in each of our clients.

Transition and discharge from Crestwood American River Psychiatric Health Facility begins at admission. As we work with clients who require stabilization, medication management, behavioral interventions, psychotherapy, psychosocial education, and a transition plan to successfully reduce symptomology, our goal is to increase the client's skill in managing the disease process, thus reducing lengthy and costly acute and sub-acute hospitalization and allowing for successful return to their community.

Some of the evidence-based modalities utilized as part of our service model include Wellness Recovery Action Plan (WRAP), Dialectical Behavior Therapy (DBT), Motivational Interviewing and SacPort (Sacramento Psychosocial Options for Recovery Training). We use a trauma-informed approach to providing care. We also provide group meetings and activities such as self-care, life skills, and medication management. Every effort is made to address the physical health of our clients, including the provision of a heart-healthy diet, and physical activities, including Zumba. We address spirituality through mindfulness exercises, drumming circles and yoga. Vocational skills are viewed as important tools for a life worth living, and are explored and practiced in daily recreational activities. Through all of this, we are encouraging the achievement of a sense of balance and fulfillment.

Our services are instrumental in supporting each client's individual transition and discharge to the most independent level of services possible. Individuals requiring extended services are referred to the least intensive programs including supported

community programs, augmented or regular Adult Residential Facility services, or, when necessary, Mental Health Rehabilitation Centers or IMD services.

Goals for discharge include medication and treatment agreement and compliance, meeting goals established in individual Recovery Service Plans, adequate stabilization of targeted behaviors appropriate to returning to the community, participation in individual recovery program, absence of self-harm behaviors or harm to others, and exhibition of insight regarding the client's own recovery process.

We provide services 24 hours a day, 7 days a week, based on a contract exclusively for clients from Sacramento County. A fixed rate is established and posted in the facility lobby. Our staff consists of licensed professionals and paraprofessional care providers.

We are accredited by the Commission for Accreditation of Rehabilitation Facilities (CARF), and are licensed by the State of California Department of Health Care Services.