



**Crestwood Behavioral Health, Inc.**  
**Crestwood American River Residential Services**  
**Core Program**

Crestwood American River Residential Services is a 28-bed Adult Residential Facility licensed by the California Department of Social Services Division that serves clients who are between the ages of 18-59. The average length of stay is 12 months. Our program utilizes evidence-based and best practices, including DBT, WRAP and SacPort to deliver trauma-informed treatment and care in a healing environment. Peer providers, family and friend partners and staff interact daily in a recovery-oriented milieu. We believe that those we serve will achieve the most when they are empowered; have community involvement; participate in developing their recovery service plan; develop meaningful roles; acquire independent living skills; are encouraged to explore their spirituality; and are fully supported in their journey of recovery while they strive to reach their hopes and dreams.

**Program Goals:**

- Assist client in identifying their needs and areas of improvement they would like to work on to move to a lower-level of care or independent living.
- Engage clients to develop a Wellness Recovery Action Plan (WRAP) that is meaningful to them and has attainable goals.
- Provide empowerment and assist each client to build strengths and become self-reliant.
- Provide opportunities to clients to have meaningful roles within the program and outside in the community; that may include peer education, and support, as well as pre-vocations experience and academic education.
- Meet each client where they are at in their recovery process and support the learning of independent living skills.
- Connection of client to family, friends, community resources and other supports within the community.
- Provide a structure of support, education and commitment to allow clients to modify and manage their symptoms and behaviors.

**Tools utilized by program to accomplish goals:**

- Sacramento Psychosocial Options for Rehabilitation Training (SacPort)

- Wellness Recovery Action Plan (WRAP)
- Dialectical Behavior Therapy (DBT)
- Medication education, training and supervision
- 24-hour supervision and support
- Individual meeting sessions
- Dual-recovery support and education
- Vocational support
- Life skills education

**Entry, Transition and Discharge Criteria:**

- Clients are referred and screened for admission following Community Care Licensing Regulations and client appropriateness for residential living.
- Transition and Discharge planning begins upon admission with identifying the client's discharge goals. Recovery Service Plans are developed addressing behaviors that affect the client's discharge to a lower-level of care or independent living.
- Development of an understanding about the behaviors that brought the client into American River Residential Services and a plan to succeed in the community.

**Staffing:**

Crestwood American River is staffed by mental healthcare paraprofessionals and professionals 24 hours a day, in compliance with state regulations.

**Rates:**

The monthly rate for Crestwood American River Residential Services is the established SSI rate and negotiable daily County rate.

**Accreditation:**

We are currently accredited by the Commission for Accreditation of Rehabilitation Facilities (CARF) and are surveyed annually by the Department of Social Services. Survey results are available upon request.