



**Crestwood Behavioral Health, Inc.**  
**Crestwood Bakersfield Bridge**  
**Core Program**

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The Bridge is a 15-bed Adult Residential Facility located at 6744 Eucalyptus Drive in Bakersfield, California. Supervision is provided 24 hours a day, 7 days a week by trained staff. Service Coordinators and Recovery Coaches work under the direction of the Program Director to provide therapeutic and supportive services with the goal of empowering clients to develop the necessary tools and skills for successful reintegration back to a community placement.

Upon admission, Service Coordinators begin to work towards discharge by developing a recovery service treatment plan that focuses on the needs of the client with the ultimate goal of independent living.

During their stay, clients perform the day-to-day functions of managing a household by participating in cooking and cleaning activities. They attend on-site groups to develop coping skills and tools for successful management of their mental illness and everyday lives. Clients meet regularly with their treatment team to monitor success and areas of improvement.

The facility is regulated by Community Care Licensing and the Department of Health Care Services.

**Populations Served**

Clients of the Bridge are adults who have been diagnosed with a chronic mental illness and are age 18-59. Typically, those admitted to the Bridge are transitioning from a higher level of care or unsuccessful in a board and care and require additional support and skill development before reintegrating back into the community. The Bridge is contacted with Kern County and accepts referrals from out of county as well.

**Settings**

The facility is an 8-bed, 3-bath home, with a fully functioning kitchen and laundry room. Clients are encouraged to participate in housekeeping and cooking activities to develop life skills that promote independence.

The Bridge utilizes community resources to provide clients with additional skill development and training. Clients have the opportunity to attend workshops at

Consumer Family Learning Center, Alcoholics Anonymous and Narcotics Anonymous meetings and other community outings.

### **Services Offered**

The Bridge provides a safe and homelike setting to create an environment that promote recovery. Although the facility is monitored by staff 24-hours day, clients are encouraged to develop independent living skills by utilizing the many services and program options provided by the Bridge.

Services include, but are not limited to:

- 1:1 progress review sessions with case management
- Bus mobility training
- Community-based social and recreational activities
- Continuing education support; assisting with school enrollment, bus passes, etc.
- Dreamcatchers Empowerment Network vocational training program
- Dual-recovery support and education (community in-house AA/NA; Seeking Safety with emphasis on Trauma-Informed Care)
- Family support and education
- Life skills education and training
- Medication education and management
- Nutritional training and individualized support
- Peer mentoring and support
- Pre-vocational training programs
- Psycho-social educational support groups facilitated by trained staff
- Resident Council
- Social rehabilitation training
- Spiritual support
- Developing a Wellness Recovery Action Plan (WRAP)
- Developing Dialectical Behavior Therapy (DBT) skills through groups and 1:1 sessions
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### **Description of Services**

Dialectical Behavior Therapy (DBT) is an evidence-based therapy designed to provide clients with coping skills for managing their emotions and daily distress. There are four core modules in DBT: Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. DBT skills can be taught in group and individual settings and are modeled by Bridge staff regularly. Clients are encouraged to utilize these skills daily. Wellness Recovery Action Plan (WRAP) is a plan clients can develop when they are well as a guide for identifying symptoms, triggers and warning signs of pending crisis or mental health decompensation. The plan can identify actions the client will take themselves to improve their mental health functioning and identify target support people in the client's network that can provide additional help in times of crisis.

Our newest dual-recovery therapy is called Seeking Safety. The intervention is a present focused model for use with victims of trauma or post-traumatic stress syndrome (PTSD) and substance abuse. This new addition is a result of ongoing efforts to explore

evidence-based practices and implement them in our program to better address the needs of our clients.

The Bridge has also recently implemented the Dreamcatchers Empowerment Network. This is a vocational training program designed to teach the client-work related skills and allow them to practice in a “real life”, setting that prepares them for entry in the workforce. The clients focus on achieving vocational success through working on job readiness, social interactions, personal appearance, time management and job coaching.

### **Early, Transition and Discharge Criteria**

#### Admission Criteria:

Counties provide referrals to the Bridge for authorization and approval for admission by the Bridge program director. The referring county will make initial contact with Bridge Program Director and stipulate:

1. Estimated length of stay (expected 6-18 months)
2. Participated in program/list of requirements
3. Expected behavioral outcome

Clients are required to have a signed referral from their treating psychiatrist who is licensed to practice in the State of California.

The following criteria have been established for admission:

1. The client may have a dual diagnosis
2. The client must be medication compliant
3. The client must exhibit a desire to reintegrate into the community and acquire life skills needed to survive independently and remain clean and sober.

Clients admitted shall have an admission agreement signed by the client or legal representative; describing the services to be provided, the rules and expectations, client's rights and responsibilities and the program fee. While at the Bridge, the client will be under the care of the facility psychiatrist, licensed to practice in the State of California.

Assessment documentation will consist of comprehensive assessments.

The following is included in the assessment phase of admission:

- Primary Assessment
- Interpretive Summary
- Pre-Vocational Assessment
- Psychiatric assessment
- History & Physical
- Functional Impairment checklist
- Activities Assessment
- Initial Discharge Appraisal

### Transition Plan:

Upon admission, a basic orientation will be initiated that focuses on introducing the client to the Bridge. The main areas of concentration during the clients first week will be program structure, house rules, client responsibilities and facility layout. The comprehensive treatment plan will be completed within the first week of the clients' admission and the program director will have the responsibility of assuring its completion and accuracy. This treatment plan will be developed in collaboration with the client and will include feedback from other treatment team members (i.e. staff, county case managers, conservator and family).

### Discharge Criteria:

Our program starts discharge planning at the time of admission. The service coordinator and client completes at Discharge Appraisal that identifies the successful past placements, condition to ensure success, resources needed and support required, minimizing the likelihood of relapse and subsequent re-admission. The interdisciplinary team, inclosing the county case manager, immediately begins exploring possible placement options in anticipation of discharge.

The following criteria are reviewed in the discharge process, however, each client's situation is unique and eligibility for discharge shall be reviewed by the team.

1. Program compliance during stay in program
2. Graduation from required groups
3. Team referral for discharge to a specific place
4. Fulfillment of treatment contract
5. Three months prior to discharge, actively participating in a community-based dual- recovery program.

The client transition plan will be completed prior to discharge and all Recovery Service Plans will have a discharge disposition. A final discharge summary will be done upon completion of program.

### Service Delivery Goals:

1. Crestwood Bakersfield Bridge provides opportunities and support for persons served to lead meaningful, healthy, and fulfilling lives in the environment where they live, learn, work, and socialize.
2. Crestwood Bakersfield Bridge will provide a spectrum of recovery-based services that achieve the highest standard of service delivery and stakeholder satisfaction. As evidenced by our core program, the facility strives to provide skills aimed towards independent living.

### Fees:

Crestwood Bakersfield Bridge Program contracts with counties throughout the state of California. The clients that are admitted to the program are referred by the county and payment is generally from the county with whom the referral is made. Some clients that are being referred privately are accepted to the campus. Rates are available with the Administrator.

