



**Crestwood Behavioral Health, Inc.**  
**Crestwood Psychiatric Health Facility, Bakersfield**  
**Core Program**

**Description of Services/Scope of Services**

Crestwood Psychiatric Health Facility of Bakersfield (PHF) is a 16-bed, 24/7 acute locked psychiatric facility. We provide intensive mental health services to Kern County residents, both voluntary and involuntary, who are referred from the Mary K Shell or PEC facility. The PHF provides medication evaluation, monitoring, nursing services, as well as service coordination to the community and well as Kern County Mental Health services. Discharge planning is tailored to the needs of each client to determine the best possible outcome, this process occurs at admission. The PHF utilizes a bio- psychosocial recovery approach, addressing each client's unique situation. We have a multi-disciplinary team that consist of a psychiatrist, a medical doctor, nurses, licensed clinicians, service coordinators, recovery coaches, and recreational staff. We also utilize a licensed nutritionist who provides services for all nutritional needs and/or preferences. Our licensed clinician will provide individual or family therapy as needed or requested.

**Population Served**

Our Crestwood Bakersfield PHF provides behavioral health services to Kern County residents who are referred to us through the Mary K Shell (PEC) Facility, ages 18-64. They are screened, assessed, and triaged at Mary K Shell to determine the most appropriate level of treatment.

**Entry/Transition/Discharge**

The entry into acute services to our facility is the Mary K Shell or PEC facility, we do not accept walk-ins or direct admissions. Clients who are determined to require additional treatment or stabilization may be transitioned from the PHF to another facility for additional rehabilitation. Discharge coordination begins at the moment of intake, the average length of stay being 5-7 days. We provide services to Kern County clients who are indigent, Medi-Cal, and who have Kaiser benefits, both male and female. Services are provided to both voluntary and involuntary clients.

## **Description of Service Modalities**

We utilize multiple modalities; here is a brief description of each:

**WRAP:** WRAP is an evidence-based practice developed by Mary Ellen Copeland. It is a structured system for assisting person served to recognize what they look like when they are well, what things help keep them well, and what they look like when they are not well, and to develop a plan (including activities and support system) to help them get well. This plan is based on empowerment and personal responsibility. It encourages people to focus on strengths and wellness rather than illness and weakness.

**DBT:** DBT is an evidence-based practice developed by Marsha Linehan primarily for those with a diagnosis of Borderline Personality Disorder. It has been shown through studies to be equally effective for those who experience difficulty regulating emotion and those dealing with co-occurring disorders. We offer DBT groups daily, that reinforce one new DBT skill that can be utilized on the PHF if a client begins to experience distress or emotion dysregulation.

The PHF provides recreational as well as therapeutic groups throughout the day that consist of Mindfulness, Relapse Prevention, Seeking Safety, Medication Education, Spirituality, DBT, WRAP, Life Skills, Art Therapy, as well as Leisure Activities. Our philosophy is to provide persons served with a highly structured and diverse treatment milieu that addresses behavioral health symptoms, thus improving our overall abilities to cope in an adaptive way.

## **Program Goals**

It is the goal of Crestwood's Psychiatric Health Facility to provide crisis stabilization services to Kern County residents who are in crisis and requiring emergency behavioral health services. We provide individualized recovery treatment with the goal to help each unique individual who enters our doors to gain the help they need to be able to return back to the community and continue with their life goals. Crestwood works with the client, their family, or caregiver, the community, Kern Behavioral Health Outpatient, etc., to provide ongoing services to our clients upon discharge. Our goal is to help clients through their crisis with dignity, respect, and compassion.

## **Fees**

Crestwood Psychiatric Health Facility of Bakersfield contracts with counties throughout California. The clients admitted to the campus are referred by the county and payment is generally from the county with whom the referral was made. Some clients that are referred privately are also accepted at the campus. Rates are available with the Administrator.

## **Setting**

We are located at 67000 Eucalyptus Drive, Suite C, Bakersfield Ca. 93306. Our phone number is (661) 363-5947. We are open 24/7, 365 days a year.