



**Crestwood Behavioral Health, Inc.**  
**Crestwood Center at Napa Valley**  
**Core Program**

Crestwood Center at Napa Valley, a Mental Health Rehabilitation Center (MHRC) licensed by the California Department of Health Care Services, provides treatment and care based on the philosophy that mental health recovery is possible. We contract with various counties in California to provide care for 52 individuals between 18-64 years of age.

Crestwood Center at Napa Valley provides a psychosocial rehabilitation program in a secure and supportive environment which empowers clients with the skills to cope with their symptoms in daily challenges of life. The focus is to help the client build strengths, self-reliance, and independence with training and support.

**Program Goals:**

1. Provide treatment that is psychosocial based.
2. Assist clients in identifying their strengths and areas of improvement to empower them to move to a lower-level of care or independent living.
3. Compassionately support each client in building strengths, self-reliance, and independence.

**Tools Utilized by Program to Accomplish Goals:**

1. Provide a therapeutic setting that fosters active participation in the program, self-sufficiency, and independence.
2. Provide a supportive structure and education to assist the client to develop skills to manage their symptoms and behaviors that impact stability.
3. The program utilizes healing arts, life skills, and pre-vocational training as guides and opportunities for greater self-expression, self-confidence, and meaningful accomplishments.
4. Dual Recovery, Wellness Recovery Action Plan (WRAP), Anger Management, Medication Education, Impulse Control, Symptom Management, Dialectical Behavior Therapy (DBT), and Therapeutic Recreational and Leisure Skills are groups offered at the Center to assist clients in meeting their goals.

**Entry, Transition and Discharge Criteria**

1. Clients are referred and screened following our admissions criteria.
2. Develop a discharge plan within the first 10 days of admission and ongoing in collaboration with the client, county and family members if applicable.
3. Medication adherence, knowledge of medications prescribed, and indicated uses.

4. Absence of excessive behaviors for 30 days.
5. Active Participation in Program Groups weekly for 30 days.
6. Insight into the issues that brought the client into the hospital and a plan to succeed in the community or a lower level of care.

### **Staffing**

Crestwood Center at Napa Valley is staffed by mental healthcare professionals 24 hours a day in compliance with state regulations. A number of the staff at this location are from the Napa Valley and surrounding communities, who have been providing care at the facility in Angwin for many years. Below is a sampling of the kinds of staff members that are at this site.

***Licensed staff** - 24 hours a day and 7 days weekly, including Registered Nurses, Licensed Vocational Nurse, and Licensed Psychiatric Technicians*

**Service Coordinators**

**Recovery Coaches**

**Activity Coordinator**

**Dietary**

**Housekeeping**

**Laundry**

**Maintenance**

**Vocational**

### **Rates**

Crestwood Center at Napa Valley contracts with various counties in California. The clients admitted to the facility are referred by the county and payment is generally from the county. Some clients that are referred privately are also accepted at the facility. Rates are available with the Administrator.

### **Giving Back to the Community**

Crestwood Center at Napa Valley is a training site for area students pursuing various careers in the mental health field. Yuba College and Pacific Union College utilizes our site to providing internship supervision for students specializing in co-occurring disorders. 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 such as Napa Valley College.

### **Accreditation**

Crestwood Center in the Napa Valley is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). The accreditation is not required by any agency for residential programs in California and requires a higher standard of care than the licensing standards in California. Crestwood believes this accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation. We are surveyed annually by Department of Health Care Services: Mental Health Division. Survey results are available upon request.

**Crestwood Center in the Napa Valley Leadership Team**

Administrator- Adrain Smith

Director of Nursing- Stephen O'Barr

Program Director- Mitchell Geis

Clinical Director/Admissions & Discharges- Anita Hagedwood

Activity Coordinator- Jean Priestley-Rouas

Director of Plant Operations- Jesus Navarrete

Director of Dietary/Culinary Services- Irving Navarrete

Director of Staff Development-Jason Reaka

Pre-Vocational Coordinator- Jeff Doiron

Paula Christensen- Administrative Assistant

Pam Frederick- Administrative Assistant

Review our web site @ [www.crestwoodangwin.com](http://www.crestwoodangwin.com)

Contact us at [office116@cbhi.net](mailto:office116@cbhi.net) or (707) 965-2461