



## **Crestwood Behavioral Health Center Eureka**

### **Pathways**

Adult Residential Facility (ARF)  
&  
Medi-Cal certified Social Rehabilitation Program –  
Transitional Residential Treatment Program

### **Core Program**

Our Center is located in a tree-lined area in Eureka near the famous Northern California scenic redwoods and beautiful Lost Coast coastlines. As a part of a larger campus with a Mental Health Rehabilitation Center, our Pathways clients get opportunities to interact with a larger recovery-based community. Our programs mostly admit clients who are conserved by their home county public guardians, with referrals and support services through their public guardian or their home county mental health departments. Room and board is paid for individually through clients' Social Security Income. For attending the Program, the payment rate is assessed on an annual basis. Rates are kept with the Campus Administrator. Any other fees and program attendance payments are arranged through contracts between the facility and county mental health departments. The facility does not bill to any insurance plans. Should we accept a private pay client into the program, we ask for one month payment in advance.

Our ARF, for adults (ages 18-64) with a primary mental health diagnosis, operates 24/7. It offers a homelike and social atmosphere designed to foster individual growth and success towards independence and life goals. While residing in the ARF, clients participate from 8AM to 8PM in our Medi-Cal certified Social Rehabilitation program, classified as a Transitional Residential Treatment Program. The Social Rehab program is overseen by an MFT with our Service Coordinators who provide a structured and engaging group schedule to teach and encourage recovery-based and independent living skill building. Crestwood's Four Pillars of Recovery, Hope, Empowerment, Meaningful Roles, and Spirituality, are a part of all of Pathway's services. Our primary goal is to assist our clients in finding solutions to the barriers preventing them from living

successfully in the community setting of their choice and attaining their personal life goals. Supporting the clients are their Bridge House team, their county representatives, their family, and other stakeholders guiding them to success. Through the recovery process, we teach and encourage relationships with self, peers, the community, service providers, and family or chosen supports. It is through these various relationships that our clients find hope, strength, inspiration, mentors, allies and a sense of belonging.

### **Program Goals:**

1. To assist clients in identifying their own needs and goals to enable them to move to back to their community or a lower-level of care.
2. To provide services which are holistic, recovery-based, culturally sensitive, and respectful to the individual nature of the recovery process.
3. To support each client in identifying and building strengths, self-esteem, self-reliance, and independence.
4. To approach service provision in a way that reflects Crestwood's Four Pillars of Recovery: Hope, Empowerment, Meaningful Roles and Spirituality.

### **Tools Utilized to Accomplish Goals:**

- Established & clear discharge goals set right upon admission.
- Recovery service plans which are individualized, clear, and created with client input.
- A variety of skill building groups, including evidence-based and emerging best practices, to teach skills such as Dialectical Behavior Therapy (DBT), Wellness Recovery Action Plan (WRAP), dual recovery, independent living (ex. Utilizing public transportation, budgeting, cooking), symptom management, medication education, anger management, and stress management.
- A milieu which focuses explicitly on the principles of recovery to foster active program engagement, healthy relationships, recreation, and shared decision making.
- Prevocational training through Dreamcatchers Empowerment Network as an opportunity for greater self-esteem and meaningful accomplishments.
- Resources to navigate the city of Eureka independently.
- Outings to maximize community engagement to such destinations as our local attractions, parks and recreation areas.
- Input and participation of family members, friends and other supports/stakeholders.

### **Discharge Criteria**

Discharge planning starts at the referral process, with a clear discharge date and criteria. The discharge plan is reviewed upon admission with the client to establish their strengths and barriers related to meeting the goals, and identify resources available to support them. Numerous factors are considered to keep the client on track with their discharge plan, including refraining from engaging in behaviors that endanger

themselves or others, an understanding of what steps they must take to maintain their own recovery, an understanding of the role of medication in maintaining wellness, and developing independent living skills. Discharge goals are addressed in monthly progress summaries. Discharge goals are reviewed quarterly by the interdisciplinary treatment team, the client's county representatives and the client. The client's family or support persons of choice are also included when possible as requested by the client.