



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

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The Fresno Bridge Program is a 15-bed Co-ed Transitional Adult Residential Facility. The Bridge program has a homelike atmosphere that allows adults, 18-59 years of age, the opportunity to enter a setting with a high level of support and controlled supervision. It provides a comfortable setting coupled with programming resources. The Fresno Bridge Program offers an effective dual-diagnosis program that provides around the clock supervision, while empowering the clients who have been diagnosed with severe and persistent mental health challenges to take charge of their recovery process, which includes making good choices and to be able to eventually live meaningful lives. Our objective at the Bridge Program is to provide the client with a safe, comfortable living environment, while they gain the necessary tools to manage their symptoms in an independent setting, with the goal of maintaining total abstinence while increasing knowledge of their mental illness. Our unique recovery-model is based on hope, empowerment, meaningful roles, and spirituality. It is a process in which clients empower themselves with the support of peers and staff to increase control of their lives and achieve a sense of balance.

**BRIDGE PROGRAM GOALS**

The program is built on the foundation that immersion into a homelike supportive setting will create an environment which promotes recovery. The Program activities are both entertaining and educational and are tailored to meet the clients' needs. Clients, along with a Bridge Service Coordinator, develop goals to work on while at the Bridge that will enhance their readiness to live meaningful lives in the community. The goals include, but are not limited to:

1. Medication education and management.
2. 24-hour supervision and support.
3. Individual counseling sessions.
4. Peer mentoring and counseling.
5. Dual recovery support and education including in-house NA/AA meetings.
6. Vocational and pre-vocational support.
7. Life skills education.
8. Community-based support programs.
9. Community-based social activities.
10. WRAP.
11. Family support and education.

12. Money management skills.
13. DBT Skills.
14. Spirituality Support.

### **TOOLS TO BE UTILIZED**

Bridge Service Coordinators provide daily hands-on communication with each client. Groups and activities are provided. Service Coordinators make referrals to clients for community group participation. The tools utilized to reach the clients' goals are:

1. Comprehensive Assessment:
  - Needs Appraisal Assessment
  - Psychiatric History
  - Vocational Assessment
  - Chemical Dependency
  - Recovery Service Plans
  - Physical Health Questionnaire
  - Medication Usage Questionnaire
2. Functional Impairment Checklist:
  - Conservatorship collaboration
  - Family Participation
  - Patient Satisfaction Form

### **TRANSITION AND DISCHARGE CRITERIA**

Upon admission, the Fresno Bridge's identifies the program goals for each client. These goals will be used to help to plan the client's specific program goals and discharge plans. Clients will have their strengths identified as well as their areas of deficits and will collaborate with their Service Coordinator to set up their Rehabilitation Service Plans and their schedule groups. Client and Service Coordinator use current and past challenges and successes to personalize their plans. Family, friends, and stakeholders are encouraged to assist in helping clients with their program goals. The discharge criteria shall be described to the client in detail and the client shall have input and will sign the plan. This will happen monthly until discharge. The following criteria are the basis for the plan of discharge, however, each client's situation is unique and each person's 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
- 6 Complete WRAP
7. Housing Referral
8. Payee source

The Fresno Bridge Program strives to make the learning process as successful, accessible, and enjoyable as possible for the clients. Our recovery-based philosophy is based on the belief that through self-empowerment, peer strength and a solid foundation of community support, that people with mental health issues can live responsible meaningful lives.