



## **The Bridge at Crestwood Healing Center Core Program**

The Bridge at Crestwood Healing Center Pleasant Hill is a 24-hour, residential community for adults recovering from mental health issues. We provide a resident-driven, holistic approach to our services, beginning transition planning at admission, and meeting each unique individual where they are. Providing daily services on-site and additional services in the community, we strive to support our residents in learning and growing in safe, supportive and challenging environments. By exclusively serving local residents referred by Contra Costa County, we are able to help reintegrate people back into their home communities, including the ability for work and schooling to continue when an individual moves out. Financial agreements for residence are arranged with our lone referral source, Contra Costa County Behavioral Health, and rate schedules are competitive with local standards and available from the Administrator. Our compassionate team of employees provides the majority of our services directly, and we refer to outside medical services when necessary. Our support, coaching and the relationships we develop help our residents move toward meaningful and lasting recovery in line with each individual's specific goals.

Serving up to 64 adults with varying mental health needs, our program philosophy is based in the belief that given the proper support, motivation and opportunities, each individual can live a more purposeful and meaningful life. As an open facility, community-based activities are encouraged, including school, volunteer work, paid employment and social activities. The program offers evidence-based practices such as Dialectical Behavior Therapy (DBT) and Wellness Recovery Action Plan (WRAP) to any interested resident, as well as a range of groups and activities focused on developing life skills and talents. The Bridge has a robust vocational program through our partnership with Dreamcatchers Empowerment Network, offering our residents opportunities to develop work skills through paid supported employment. The program focuses on holistic health through exercise opportunities, sports, cooking classes, mindfulness and more. Residents have the ability to be involved in program-provided activities throughout the day, and are also encouraged to develop relationships with staff and peers during their stay.

As successes vary from person to person, program goals are based on each individual's strengths, abilities, needs and preferences, and staff balance accepting

where each resident is with a compassionate push for beneficial growth. The average age of our residents is roughly 45 years old, and the average stay is approximately 4 years. Entry to our program is determined based on an individual's specific needs, and comes with the expectation that a person is coming to the program voluntarily and is able to be independent and safe in the community. Transition planning begins at admission, and families and supporters are encouraged to be part of this team in order to foster a successful next step. Discharge markers vary person to person, and relate to an individual's ability to manage themselves in a less structured environment, which can include the ability to cook, shop and take medications independently. As most residents have the ability to move out whenever they feel ready, the Bridge focuses on best preparing each individual and addressing any potential barriers to community living. A resident's stay is designed so that there is constant skill development and refinement that promotes more independent living. The Bridge does not serve any specific population outside of individuals with a primary mental health diagnosis.

Though specific goals are individualized, general program goals include: skill acquisition and development toward self-reliance and community living; partnership with county supports, families and other stakeholders; physical health and wellness, development of individual personal strengths; refining of interpersonal skills, development of self-esteem and self-efficacy; and connection to the community as a valued, productive member of society.