



**CRESTWOOD CENTER SACRAMENTO**  
**MHRC**

**CORE PROGRAM**

The Mental Health Rehabilitation Center puts client goals at the center of treatment. We are guided by a deeply held belief that all people deserve the opportunity to live as independently as possible. Our philosophy is to provide skills, eliminate barriers and increase personal strengths to achieve the unique goals identified by clients. The goal of the program is to assist the client in gaining the skills needed for transition into an environment that allows for the maximum level of independence and security. The client, along with staff, develops an individualized recovery service plan with measurable goals and objectives. We also encourage stakeholder and family involvement in the treatment planning process. Identified service goals help the client to become more independent and self-sufficient. The program uses community integration, individual counseling as well as group skills training to assist clients in developing skills and competency.

**TARGET POPULATION:**

We serve 54 people who have a serious mental health disorder, who are 18-65, and who demonstrate the ability to engage in, or develop, goal directed and skill development activities.

**REFERRAL RESOURCES:**

Crestwood Center is contracted for services with 58 counties throughout California, with a maximum of 47 clients from Sacramento County.

**DISCHARGE CRITERIA and LENGTH OF STAY:**

Discharge is part of the treatment process. Service goals and activities are set to the identified discharge plan. Each client's progress is formally reviewed quarterly with the treatment team with progress to discharge evaluated. The expected length of stay is approximately six to eighteen months.

**THE FACILITY:**

Our facility is located in Sacramento, directly across the street from U.C. Davis Hospital, and two blocks from the Sacramento Mental Health Treatment Center. Our maximum capacity is 54 clients. The clients share three-bed bedrooms with a shared bathroom (sink and toilet) in between two rooms.

The rooms have individual storage space for each client. The unit has two living rooms with a TV and comfortable couches. There is a sitting area, recreation room, serenity room, dining room, and two large shower/bath rooms. The walls are painted a warm taupe and there is art on the walls along with featured client leaders and activities. The facility is close to the bus system and a mall shopping center. The unit is also located a short distance from Sacramento City College and several Community Centers. There is an interior courtyard with a bird feeder, planting area and exercise equipment. The backyard is very large with an area where barbecues can be conducted and a grass area where one can toss a Frisbee, basketball, football and even play a game of croquet. The backyard is also used to conduct group activities.

**HOURS OF OPERATION:**

Crestwood Center is a 24-hour facility. Regular business hours are Monday through Friday 8:00 am to 4:30 pm.

**VISITING HOURS:**

Clients are highly encouraged to visit with family, friends and supporters. The facility has regular activities for them to be involved in their loved ones treatment and our community. Visiting is encouraged to be done as to not interfere with treatment activities, and can be arranged through a client's service coordinator.

**STAFF:**

A client's treatment is designed and coordinated through their personal Service Coordinator (SC.) Each SC has an area of expertise and oversees all aspects of a client's treatment. Rehabilitation Assistants ensure that the daily needs, requests and safety of the clients are being met. The entire unit is overseen by a Program Director and the Director of Nursing (RN). Additionally, the unit has a Recreation Department and Dreamcatcher Empowerment Network Department. The unit is supported by Medical Records Coordinator, Business Office, Dietary, Maintenance and Housekeeping/Laundry Staff.

**NURSING:**

Our nursing department is supervised by our Director of Nursing Services (R.N.). There is a licensed staff on duty 24-hours a day. The facility also provides weekly visits with a medical doctor. He assists with medical and medication issues, i.e. side-effects, types of meds, and symptoms under the supervision of a licensed physician.

**TREATMENT MODALITIES: SKILLS TRAINING AND GROUP ACTIVITIES:**

**ACTIVITIES:**

The activity component of the program is designed and supervised by a certified recreational therapist. We offer daily activities within the facility, as well as outings to places and events in and around the Greater Sacramento area.

**Facility groups and activities:**

The treatment modalities include, but are not limited to the following:

1. Medication education
2. Symptom management
3. Wellness Recovery Action Plans (WRAP)
4. Dialectical Behavior Therapy (DBT)
5. Leisure and recreation skills (barbecues, outing, etc.)
6. Stress management
7. Vocational and occupational opportunities
8. Chemical dependency
9. Resident Council
10. Exercise
11. Healthy Living
12. Self-Advocacy

**Dialectical Behavior Therapy**

Dialectical Behavior Therapy (DBT) is an evidence-based treatment for people with self-harm behavior. It has also shown efficacy for people who would benefit from increased emotion regulation, distress tolerance and interpersonal effectiveness. A primary component of DBT is mindfulness. Crestwood Center has a strong DBT consultation/therapist team and program. Clients involved with the DBT program are assigned an individual DBT therapist with whom they work intensely on developing skills to better manage and decrease behaviors that pose as barriers to living a life with meaning.

**Dreamcatchers Empowerment Network**

Crestwood Center believes that meaningful roles fulfill a fundamental human need of belonging, community and purpose. Opportunities for meaningful roles that are in or could transition to the community are provided through our Dreamcatchers Empowerment Network. Dreamcatchers has three distinct components 1) paid employment with a job coach within the facility. This is supported by our pre-vocational opportunities and 3 preparatory classes a week, 2) Community volunteer activities; 3) education through the Sacramento Adult school and in-house basic adult education.

**Wellness Recovery Action Plan – WRAP**

WRAP is an evidence-based best practice intervention, self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it.

**Health and Wellness Initiative**

Crestwood believes that a healthy lifestyle supports and encourages mental wellness. Our meals are heart healthy, nutritious and delicious. We offer cooking classes based on the Crestwood Cookbook. We offer a

monthly theme to promote wellness. We have exercise classes daily including Zumba, yoga, walking and stretching.

**CRITERIA FOR DETERMINING APPROPRIATENESS:**

Clients are accepted into the program after they have been assessed by the Admission Team to ensure that the client's goals align with the treatment program. Clients must have a major mental health disorder and be at least 18. Clients with medical problems are assessed for severity, and admitted at the discretion of the Director of Nursing. Clients with acute medical and severe behavioral problems are not accepted into the facility. The referring agency must provide an admission packet containing relevant history, information regarding client problems and service needs, emergency contacts, allergies, physical status, all relevant identification information, and medication needs.

**COMPATIBILITY DETERMINATION PROCESS:**

Clients who meet the admission criteria will be recommended for acceptance into the facility and program. Once the basic admission criteria is met, then the potential admissions are screened to determine if the facility program can meet the individuals needs and goals, and also that the individual will be a good fit with the current population and milieu.

**CLIENT RIGHTS:**

All clients accepted into the program are informed of, and given a list of their personal and client rights. The phone number of patient rights is posted in the facility.

**RECOVERY SERVICE PLANS:**

Recovery Service plans are developed for each client. The service plan describes the problem to be addressed and the method to be used. Each client is encouraged to assist in the development of their individual service plans.

The client, along with the staff develops an individual plan of treatment with goals and objectives. We also encourage stakeholder and family involvement in the treatment planning process. These treatment or service plans will help the client to become more independent and self-sufficient. The service plans focus on social skills, independent living skills, vocational skills, and community skills. The program uses individual counseling, as well as group skills training to assist clients in developing a community support system.

Upon request the written admission and discharge policy is available for clients and family members to review.