



CRESTWOOD CENTER SACRAMENTO PHF

CORE PROGRAM

The Psychiatric Health Facility puts client goals at the center of treatment. We are guided by a deeply held belief that with the proper support and treatment 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. We offer an alternative to traditional short term psychiatric care through collaboration, empowerment, a healing environment, and a recovery-oriented milieu. The Crestwood PHF provides the structure and support needed to promote stabilization and foster recovery. Our goals are to restore a sense of hope, self empowerment and realized potential of recovery in each of our clients.

The PHF services are for clients who require stabilization; medication management; behavioral interventions; psychosocial education; and a transition plan to successfully reduce symptoms, increase the clients management of the disease process, reduce lengthy and costly acute and sub-acute hospitalizations, and to increase a successful return to their community. Clients participate in the program as long as they meet medical necessity.

Crestwood has implemented the principles and elements of the service model developed by Recovery Innovations through a treatment model known as Living Room programs.

We screen, admit, assess and treat clients requiring acute psychiatric services utilizing recovery-oriented principles. Our services support each client to recover with an enhanced sense of resilience, accessing a wide range of wellness tools, peer, staff and natural supports offered at this program.

TARGET POPULATION:

We serve 16 Sacramento County adult residents who are experiencing an acute psychiatric episode.

REFERRAL RESOURCES:

The Crestwood Sacramento PHF is contracted with Sacramento County. All referrals are received from the Sacramento County Mental Health Treatment Center located at 2150 Stockton Blvd.

DISCHARGE CRITERIA and LENGTH OF STAY:

Discharge is part of the treatment process. Service goals and activities are set to the identified discharge plan. A client's progress is formally reviewed daily with the treatment team with progress to discharge evaluated. The average and expected length of stay is 10 days.

Our services are instrumental in supporting each individual to transition to the most independent level of services and support possible, including peer support, wellness and recovery programs, housing and natural supports. Individuals requiring extended services shall be referred to the least intensive services, including supported housing programs; as needed, clients requiring more structure and support shall be transitioned to augmented adult residential services, board and care; and lastly as needed, in extreme situation to IMD services. Clients will be transitioned with their Wellness Recovery Action Plan (WRAP) (if completed during length of stay) and with a transition plan which can enable them to continue their recovery toward independence.

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 16 clients. The clients share two-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 a living room with a TV and comfortable couches. There is a sitting area with a fish tank, recreation room, serenity room, dining room, and a large shower/bath rooms. The walls are painted a warm taupe and there is art on the walls along with unit activities. The facility is close to the bus system and a mall shopping center. There is an interior courtyard.

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. Visiting hours are 4 pm -5 pm or through special arrangement with facility staff.

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 insure that the daily needs, requests and safety of the clients are being met. The entire unit is overseen by a Clinical Director and the Director of Nursing (RN). Additionally, the unit has a

Recreation 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 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.

PROGRAM FEATURES:

- 24-hour nursing supervision and care.
- 24-hour mental psychiatric and mental health consultation.
- Staff trained in issues of dual diagnoses.
- Individual therapy.
- Integrated treatment planning process.
- Dialectical Behavior Therapy (DBT) – individual and team approach.
- Wellness Recovery Action Plan (WRAP).
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- Psychosocial groups, individual counseling and support.
- Independent Living skills training.
- Motivational strategies to engage and continue engagement for this population.
- Care and education for medical complexities not requiring skilled nursing.
- Linkage to community supports.
- Individualized recovery plans to achieve personal goals.
- Wellness and fitness support.
- Nutritional education, counseling and support.
- Yoga, meditation and support for a spirituality path.
- Peer support..
- Family support.
- Discharge and transition planning to create and support movement back to the community.

PROGRAM GOALS:

- Minimize the negative effects of an acute episode.
- Provide behavioral support that is consistent with the tenants of psychosocial rehabilitation and recovery principles.
- Improve skills and accomplishments that lead to healthy community living.
- Partner with County Mental Health, families and other stakeholders to best collaborate and work in sync with other services.
- Assist residents to build personal strengths, self reliance and develop and refine interpersonal skills to have meaningful relationships and improve self advocacy.
- Be a valued member of our community.

TOOLS UTILIZED BY THE PROGRAM:

- An environment and staff approach that provides a psychological, social, biological, spiritual milieu that fosters active participation in the program.
- Structure that provides support and education to clients allowing them to modify and manage symptoms and behaviors that impact stability.
- Utilize healing arts, life skills, and prevocational opportunities to provide life experiences, self expression, self confidence and meaningful accomplishments.
- Dual Recovery, WRAP, Dialectical Behavior Therapy, anger management, medication education, impulse control, emotional modulation, and leisure skills to assist residents meet their goals.

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. Residents 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.

Wellness Recovery Action Plan – WRAP

WRAP is 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.

CRITERIA FOR DETERMINING APPROPRIATENESS:

Clients are accepted into the program after they have been assessed by the Admission Team to ensure that the client meets admission criteria. Specifically that their primary issue is related to mental health, are at least 18 years of age, and have medical issues that could otherwise be treated in the community. 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.

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.