



Crestwood Center Sacramento
PHF

Core Program

The Crestwood Psychiatric Health Facility (PHF) 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 the clients we serve.

The Crestwood PHF services are for clients who require stabilization; medication management; behavioral interventions; psychosocial education; and a transition plan to successfully reduce symptoms, increase the client's management of the mental health 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 PHF 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. Sacramento, CA 95817.

DISCHARGE CRITERIA and LENGTH OF STAY:

Discharge is part of the treatment process. Service goals and activities are set to the identified discharge plan. Client's progress is formally reviewed daily with the treatment team with progress to discharge evaluated. The average length of stay is 7-10 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 CAMPUS:

Our campus is located in midtown 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 virtual fish tank, recreation room, serenity room, dining room, and a large shower/bathroom. The walls are painted a warm taupe and there is art on the walls along with unit activities. The campus 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 campus. Regular business hours are Monday through Friday 8:00am to 4:30pm.

VISITING HOURS:

Clients are highly encouraged to visit with family, friends and supporters. Visiting hours are daily from 4pm to 5pm or through special arrangement with campus 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 Coaches ensure that the daily needs, requests, and safety of the clients are being met. The entire unit is overseen by a Campus Administrator, Psychiatrist/Medical Director, Clinical Director/PHF and Nursing Director. Additionally, the unit has a Recreation Department. The unit is supported by a Medical Records Coordinator, a Staff Developer, Business Office, Dietary, Maintenance and Housekeeping/Laundry Staff.

NURSING:

Our nursing department is supervised by our Director of Nursing Services. There is a licensed staff on duty 24 hours a day. The campus also provides visits with a medical doctor.

Program Features:

- 24-hour nursing supervision and care.
- 24-hour psychiatric and mental health consultation.
- Staff trained in issues of dual diagnoses.

- 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.
- Zumba, meditation, mindfulness 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 clients to build personal strengths, self-resilience and develop and refine interpersonal skills to have meaningful relationships and improve self-advocacy.
- Be a valued member of our community.

Tools Utilized by Program:

- An environment and staff utilizing a trauma informed sensitive 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 and life skills 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, mindfulness and leisure skills to assist clients in meeting 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. Clients involved with the DBT program work

on developing skills to better manage and decrease behaviors that pose as barriers to living a life worth living.

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 even have a 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 concerns and service needs, emergency contacts, allergies, physical status, all relevant identification information, and medication needs.

Service Fees: See the Campus Administrator for information on service fees.

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 campus.

RECOVERY SERVICE PLANS:

Recovery Service plans are developed with each client and are individualized with goals and objectives. We also encourage stakeholder and family involvement in the treatment planning process. The service plans focus on the needs of the client (safety, mental wellness, 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 recovery path that is beneficial to them.

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