



Crestwood Behavioral Health, Inc.
Crestwood Center San Jose MHRC
Core Program

The mission of the Crestwood Center San Jose MHRC is to provide client-centered, psychosocial rehabilitation services to adults, ages 18-64 years of age, with on-going mental health struggles. These challenges have them currently unable to be safe to themselves or others in the community, or are gravely disabled. We accomplish this mission through a holistic approach focusing on the client's goals, meaningful roles and spirituality in a manner that fosters hope and personal empowerment. Client, family, and other stakeholder input is valued and helps to drive the treatment planning process in an environment that recognizes the individual's strengths, needs, abilities and preferences.

We offer a variety of treatment approaches to assist clients in symptom reduction, the development of social skills, and self-regulation of behavior and understanding medications. This is accomplished through both group and individual sessions utilizing Dialectical Behavior Therapy (DBT), Wellness Recovery Action Plan (WRAP), Dual Recovery principles, Personal Safety Plans, as well as numerous other therapeutic and social activities. These treatment approaches are defined as the following:

- 1) **WRAP:** Wellness Recovery Action Plan (WRAP) is an evidence-based practice developed by Mary Ellen Copeland. It is a structured system for assisting persons served to recognize what they look like when they are well, what things help keep them well, what they look like when they are not well, and to develop a plan (including activities and support system) to help them get well. This plan is based on empowerment and personal responsibility. It encourages people to focus on strengths and wellness rather than illness and weakness.
- 2) **DBT:** Dialectical Behavior Therapy (DBT) is an evidence-based practice developed by Marsha Linehan primarily for those with a diagnosis of Borderline Personality Disorder. It has been shown through studies to be equally effective for those who experience difficulty regulating emotions and those dealing with co-occurring disorders. We offer a comprehensive DBT program to monitor emotions, behaviors, and skills that are practiced/used throughout the week. We also offer DBT milieu groups, which differ from the comprehensive program in that the groups are open-ended and are blended with various approaches for symptom management and coping skills.

- 3) Life Skills:** Life Skills is a modality which utilizes both 1:1 coaching and group activities to assist persons served to develop their abilities to complete everyday tasks, including showering, grooming, household tasks, money management, general education, dressing appropriately, and effective social interaction skills.
- 4) Pre-Vocational and Dreamcatchers Empowerment Network:** The Pre-Vocational modality offers a structured curriculum that educates and assists persons served to develop skills for vocational success including successful vocational habits, how to construct a resume, how to complete a job application, etc. Our Dreamcatchers program is supported employment, an evidence-based practice, for those who have successfully completed the Pre-Vocational program. In addition, persons served have the opportunity to develop skills in various areas, including janitorial, dietary, office assistant and retail experience within the facility and receive 1:1 coaching. Clients work in specialized positions and are personally coached/trained, further developing their vocational skills.
- 5) Relapse Prevention:** Relapse Prevention modality utilizes both 1:1 counseling and groups (Relapse Prevention, Dual Recovery Anonymous, Dual Dx and DBT) with our certified recovery trainer and DBT-trained staff to address co-occurring disorders. We offer Seeking Safety, which is a program for those who are in the pre-contemplative stage regarding their substance abuse; this program also incorporates a trauma-informed care approach. Additionally, we offer linkage to co-occurring disorder groups, as we are finding that substance use and mental health issues are more often the rule rather than the exception today than in years past.

Transition planning begins at the time of admission for each individual. The treatment team works closely with the client and all stakeholders to ensure placement preferences are considered and the level of care is appropriate. Criteria for discharge are based upon the individual's successful skill acquisition and accomplishment of goals necessary to support their recovery in the community.

Our 100-bed program is staffed 7-days a week, 24-hours a day by licensed nursing staff and rehabilitation coaches. Service Coordinators work with individual clients to coordinate their care and assist in meeting client needs by interfacing with family, conservators, service providers and our county partners from the various counties we serve.

Medical care is provided by our internist 7 days per week and Psychiatrists review individual client progress and needs on a weekly basis. Pre-vocational training services are available for all clients with the desire to develop basic work skills. Activity staff ensure that clients are provided enriching social, leisure and therapeutic activities to enhance their relationships, share their creativity and develop functional life skills.

San Jose contracts with various counties in California. County referrals come directly from the county and the referring facility, and reviewed by our Admissions/Discharges Coordinator to ensure that this is the appropriate level of care. Private referrals are also

accepted, and would be made directly to the Admissions/Discharges Coordinator. Information regarding fees is available by contacting the Administrator.