



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

The mission of the Crestwood San Jose Psychiatric Health Facility (PHF) is to provide an alternative to traditional psychiatric care through collaboration empowerment, a healing environment, peer providers, family partners and a recovery-oriented milieu. The Crestwood PHF provides the structure and support needed to promote stabilization and foster recovery. We provide acute psychiatric services licensed as a Psychiatric Health Facility in the community setting, for clients experiencing psychiatric crisis of such magnitude, that it is unmanageable in the community. 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, ages 18 -64 years of age, who require acute psychiatric services and stabilization through medication management, behavioral interventions, psychosocial education and symptom reduction. Our 16-bed program is staffed 7 days a week, 24 hours a day by licensed nursing staff and recovery coaches. Service coordinators work with individual clients to coordinate their care by interfacing with family, conservators, service providers and our county partners from the various counties we serve. The PHF treatment team includes a psychiatrist, general practitioner or internist, registered nurses, licensed clinicians, case managers, peer mentors, a dietician, and recovery coaches.

The PHF contracts our services with several counties in California. Referrals come from the contracted county referring facilities, and are reviewed by our clinical staff to ensure that this is the appropriate level of care. Individuals requiring services which could be provided at a lower-level of care would not be appropriate for admission to our program. Referrals requiring a locked, acute, therapeutic setting to monitor and provide safety will be considered for admission and assessed on an individual basis. Information regarding fees is available by contacting the facility Administrator.

The PHF program is built upon the therapeutic treatment structures of Dialectical Behavior Therapy (DBT) and Wellness Recovery Action Plan (WRAP). These therapeutic skills are delivered to our clients through group and individual sessions throughout each day. 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.

The goal of the PHF program is to utilize these skills and services in supporting each individual to maintain personal safety and work towards their specific recovery service plan goals. These skills will assist the clients in transitioning to the most independent level of services and support possible.

Individuals requiring extended services at the time of discharge shall be referred to the least intensive services needed to maintain their recovery. These services may include housing programs, augmented adult residential care, board and care, or IMD. Clients will be transitioned from the PHF with their Wellness Recovery Action Plan (WRAP) and with a transition plan which can enable them to continue their recovery towards independence.