



## **Crestwood Our House**

### **Core Program**

Crestwood Our House is an Augmented Board and Care, licensed by Community Care Licensing Division of the California Department of Social Services. We provide a recovery-based model to assist residents in gaining their independence back into the community through wellness and recovery. Our House offers community-based living with structure and support which actively promotes wellness by using the following recovery-based philosophies and principles: (1) Hope, (2) Empowerment, (3) Meaningful Roles, and (4) Spirituality.

Our House is designed to work in partnership with clients who are active and committed to their mental health recovery. An emphasis is placed on community integration. The philosophy at Our House is that recovery is possible for everyone and being in the presence of someone with the belief that one can recover will have a positive impact on the negative aspects of mental illness.

#### **Our House:**

- 46-bed Augmented Board and Care
- Serve multi-cultural males and females, ages 18-59, medically stable and have a primary mental illness.
- Accepts private pay and county funded services
- Receives referrals through multiple county contracts, as well as, individual private sources
- Information about fees available in the business office
- Services offered 24 hours a day, 7 days a week

#### **Program Goals:**

- Provide behavioral support that is consistent with the clients of psychosocial rehabilitation and recovery principles.
- Improve skills and accomplishments that lead to healthy community living.
- Be in partnership with County Mental Health, Family and other involved parties 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.
- Transition/discharge back into the community to the least restrictive environment

#### **Treatment Modalities:**

- Dialectical Behavior therapy (DBT)
- Wellness Recovery Action Plan (WRAP)
- Peer support
- Vocational/Supported Employment (Dreamcatchers)
- Dual Diagnosis/Recovery

- Cognitive Behavior therapy
- Independent Living Skills

**Criteria for Admission:**

- Ambulatory
- Currently taking prescribed medication and able to self-administer medications
- Assault free (90 days)
- Clean and sober
- Approved by bed committee
- No recent property destruction
- Able to verbalize goals to work on
- Willing to follow program guidelines
- Open to coming to Our House

**Transition and Discharge:**

- Transition and Discharge plans are collaboratively developed upon admission and updated throughout their stay with the focus geared toward maximizing their independence.

**Criteria for Transition and Discharge are as follows:**

- County Representative and client coordinate discharge housing and mental health services
- Self-administering and taking medications as prescribed
- Participating in meaningful activities/roles
- Sobriety
- Independent Living Skills

**Tools utilized by Program:**

- Provide a psychological, social, biological, spiritual milieu that fosters active, participation in the program.
- Provide structure to support and educate residents allowing them to modify and manage their symptoms and behaviors that impact stability.
- Utilize healing arts, life skills, and vocational opportunities to provide life experiences, self-expression, self-confidence and meaningful accomplishments.
- Dual Recovery, WRAP, Anger Management, Medication Education, Adult Education, DBT, Trauma-Informed Care, and leisure activities to assist residents to meet their goals.
- Onsite Psychiatric, Nursing and Physician services.
- Onsite Employment opportunities contracted through Dreamcatchers Empowerment network.

**Rates:**

Crestwood Our House contracts with various counties in California. The clients admitted to Our House are referred by the county and payment is generally from the county. Some clients are private referrals and set up as private pay. Rates are available with the Program Director/Administrator.

**Family/Support Systems:**

Our House encourages and embraces family support. We assist clients with involving family & friends in their care at their request. Families are invited to visit, with special arrangements made to accommodate different schedules. We host 4 events every year to bring everyone together and celebrate: Luau, Talent show, Thanksgiving luncheon and Family fun night. If clients would like their family members to be a part of the treatment team we invite them to their quarterly meetings.

**Staffing:**

Crestwood Our House is staffed by mental healthcare professionals 24 hours a day, in compliance with state regulations. A number of staff has provided care at this facility for many years. Below is a sample of staff members at this site.

Licensed Psychiatric Technician  
Service Coordinators  
Recovery Coaches  
Dietary  
Housekeeping  
Maintenance Staff  
Vocational Coach  
Activity Director

**Giving Back to the Community:**

Our House is active in giving back to the community. We volunteer at Christian Help Center feeding the homeless and at Loma Vista Farms where we take care of the animals. We participate in Coastal Clean-up yearly to help beautify Vallejo. We do fundraising and participate in NAMI walks and Walk out of the Darkness. Our House has Nursing Students/ Psychiatric Technicians volunteer to gain experience in a mental health setting.

**Accreditation:**

Crestwood Our House is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). The accreditation is not required by any agency for residential programs in California and requires a higher standard of care than the licensing standards in California. Crestwood believes this accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation. We are surveyed annually by Community Care Licensing Division of the California Department of Social Services. Survey results are available upon request.