



## **Crestwood Chula Vista Core Program**

Crestwood Chula Vista is a Mental Health Rehabilitation Center (MHRC) licensed by the California Department of Health Care Services: Mental Health Division, delivering treatment and care based on the philosophy that mental health recovery is not only possible, it is the goal of our program. We are a 40-bed campus, with all 40 beds contracted through San Diego County. The clients receiving care here are between 18-64 years of age. Crestwood Chula Vista is a 24-hour, 7-day per week provider of care.

Crestwood Chula Vista provides a psychosocial rehabilitation program where clients experience real life demands in a secure and supportive environment. The Center enables clients the ability to cope with their symptoms in daily challenges of life. The focus is to help the client build strengths, self-reliance and independence with training and support.

### **Entry to Program:**

All clients receiving services at this campus are from San Diego County. They are referred and screened for admission following our Screening and Access to Services Policy and Procedure.

### **Program Goals:**

- Assist clients in identifying their needs and areas of improvement.
- Identify clear, specific, and reasonable objectives of treatment.
- Provide behavioral support that is consistent with the tenants of psychosocial rehabilitation and recovery principles.
- Support each client in building strength, self-reliance, and independence.
- Encourage and foster client, facility, agency, and family involvement in the overall treatment plan.
- Establish overall expectations for discharge.
- All care is provided by the facility.

### **Tools Utilized to Accomplish Program Goals:**

- Provide a psychosocial milieu that fosters active participation in the program, self-sufficiency, and independence.
- Provide a structure of support and education that allows the client to modify and manage their symptoms and behaviors, impacting stability.
- The program utilizes healing arts, life skills, and pre-vocational training as guides and opportunities for greater self-expression, self-confidence and meaningful accomplishments.

- Dual recovery, WRAP, anger management, medication education, impulse control, symptom management, DBT skills training groups and leisure skills are all components of Crestwood Chula Vista's group schedule.

**Transition and Discharge Criteria:**

- Medication adherence and knowledge of prescribed medications and their uses.
- Abstinence of excessive behaviors for 30 days.
- Participation in required weekly group hours for 30 days.
- Insight into the issues that brought the client into the facility and a plan to succeed in the community or at a lower-level of care.
- Health and wellness plan, including minimal level of self-care.

**Staffing:**

Crestwood Chula Vista is staffed with Mental Healthcare professionals 24 hours a day, in compliance with State Regulations. Below is a sampling of the disciplines of staff we have at this campus.

**Licensed Nursing staff:** 24 hrs. a day and 7 days a week, including Registered nurses, Licensed vocational nurses and Psychiatric Technicians.

**Service Coordinators**  
**Recovery Coach**  
**Vocational Coordinator**

**Rates**

Crestwood Chula Vista contracts with San Diego County. A copy of the rates and county contract is available through the campus Administrator.

**Accreditation**

Crestwood Chula Vista is accredited by the Commission on Accreditation of Rehabilitation Facilities. The campus is surveyed annually by the Department of Health Care Services for our license to operate our campus. Survey results are available through the Administrator.

**Crestwood Chula Vista Leadership team:**

Sharon Massoth – Administrator  
 Cassandra Bolden – Program Director  
 Samantha Estrada – Director of Nursing  
 Shanel Mayo – Director of Education  
 Heather Rose – Business Office Manager  
 Jessica Nguyen – Business Office Manager  
 Kara-Leigh Huse – Recreation Director  
 Robin Parris – Quality Assurance Coordinator  
 Ryan Cooksey – Pre-Vocation Coordinator