



Crestwood Behavioral Health, Inc.
Kingsburg Healing Center
Core Program

Crestwood's Kingsburg Healing Center is 44-bed Mental Health Rehabilitation Center (MHRC) licensed by the California Department of Health Care Services: Mental Health Division, that serves clients that are between the ages of 18-65. Our program utilizes evidence-based and best practices, including DBT and WRAP, to deliver trauma-informed treatment and care in a healing environment, where peer providers, family partners, and staff interact in a recovery-orientated milieu. We believe that those we serve will achieve the most when they are empowered, engaged in developing their recovery plan, given meaningful roles, helped to acquire independent living skills, encouraged explore their spirituality, and are fully supported in their journey of recovery while they strive to reach their hopes and dreams.

Program Goals;

1. Assist clients in identifying their needs and areas of improvement they would like to work on to enable them to move to a lower-level of care or independent living.
2. To engage clients and help them develop a Wellness Recovery Action Plan (WRAP) that is meaningful to them and that has goals they see as attainable that will help them to move to a lower-level of care.
3. Assist each client to build strengths and become self-reliant.
4. Provide opportunities to clients to serve in meaningful roles within the program that may include peer education and support, as well as pre-vocational training/experience.
5. Foster the acquisition of independent living skills and the ability to handle the challenges of independent living.
6. Connection of clients to and involvement of family and or other natural supports within the community.
7. Provide a structure of support and education to allow the client to modify and manage their symptoms and behaviors that impact stability.

Tools utilized by program to accomplish goals;

1. Wellness Recovery Action Plan (WRAP)
2. Dialectical Behavior Therapy (DBT) skills training groups
3. Medication education and management.
4. 24-hour supervision and support.
5. Individual counseling sessions.
6. Peer mentoring and counseling.
7. Dual recovery support and education

8. Vocational and pre-vocational support.
9. Life skills education
10. Family support and education.
11. Money management skills.
12. Spirituality Support.
13. Leisure skills

Entry, Transition and Discharge Criteria:

1. Clients are referred and screened for admission following our Screening and Access to Services Policy and Procedure.
2. Develop a discharge plan within the first 10 day of admission in collaboration with the client and family members, if applicable.
3. Medication adherence and knowledge of medications prescribed and uses.
4. Abstinence of excessive behaviors for 30 days.
5. Participation in required group hours weekly for 30 days.
6. Insight into the issues that brought the client into the Kingsburg Healing Center and a plan to succeed in the community or a lower-level of care.

Staffing

Crestwood Kingsburg Healing Center is staffed by mental healthcare professionals 24 hours a day, in compliance with state regulations. Below is a sampling of the kinds of staff members that are at this site.

***Licensed staff** - 24 hours a day and 7 days weekly, including Registered Nurses, Licensed Vocational Nurses, and Licensed Psychiatric Technicians*

Service Coordinators

Rehabilitation Assistants

Mental Health Clinicians

Recreation staff

Dietary staff

Housekeeping

Maintenance staff

Vocational staff

Rates

Crestwood Kingsburg Healing Center contracts with Fresno County.

The clients admitted to the facility are referred by Fresno County and payment is through a negotiated rate with the county.

Giving Back to the Community

Crestwood Kingsburg Healing Center partners with local education programs as a training site for area students pursuing various careers in the mental health field. We provide the interns the opportunity to run groups, provide 1:1 counseling and learn a variety of skills. We also offer opportunities to psychiatric technicians and psychology majors from area colleges.

Accreditation

We are surveyed annually by Department of Health Care Services: Mental Health Division. Survey results are available upon request. We are also accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), which requires a higher standard of care than the licensing standards in California.

Crestwood Kingsburg Healing Center Leadership Team

Administrator- Brian Conway bconway@cbhi.net

Director of Nursing- Stephanie Miller

Program Director- Milia Staggs

Clinical/Admissions Director- Ana Boydston

Recreation Director- Vacant

Director of Plant Operations- Pat Martin

Dietary Supervisor- Pat Martin

Review our web site @ www.crestwoodbehavioralhealth.com

Contact us at (559) 238-6981