



Crestwood Behavioral Health, Inc.
Freise HOPE House
Core Program

Freise HOPE (Helping Others through Peer Empowerment) House, is a 14-bed licensed Crisis Residential Social Rehabilitation Campus that provides innovative, peer-managed, and supportive recovery-based mental health services to Kern County residents. We are a short-term, voluntary, residential alternative for individuals experiencing an acute psychiatric crisis and at risk of psychiatric hospitalization due to current mental health challenges. Our program is based on the connection of peer supporters to our guests. Peer supporters provide their personal stories of recovery to provide hope and empower our guests in their own recovery journey. Guests are welcomed into a warm, friendly, homelike environment with principles based on our philosophy that recovery is possible and the ultimate goal for everyone served. Our goal is to help guests through their challenges with dignity, respect, and compassion.

Freise HOPE House collaborates with each guest upon their welcome to explore their unique needs and partner to begin establishing plans for successful transition. We collaborate with our guests, their families and personal supporters, the community, and behavioral health organizations to coordinate individual recovery and wellness plans as well as support in developing the best transition plan possible for each guest.

Population Served and Referral Sources

We provide services to Kern County individuals from ages 18-59 that are experiencing an acute psychiatric challenge and want support in their recovery journey.

Freise HOPE House is contracted with Kern Behavioral Health and Recovery Services (KBHRS) and guests are referred from the Psychiatric Evaluation Center, Crisis Walk In Clinic, KBHRS treatment teams and contracted agencies, as well as from acute Kern County psychiatric hospitals. Payment for services is generated from the county, KBHRS, and fees are available with the Administrator.

Welcome Criteria

Guests are screened and assessed to determine appropriate admission to the program. Guests must be experiencing an acute psychiatric mental health challenge and at risk for hospitalization. Funding source Medi-Cal, Indigent, or Medi-Medi with KBHRS Crisis Administrator approval. Guests must meet the current HUD requirement of low to very low-income status and unable to return to usual living environment. We welcome guests who want recovery and voluntary support from the Freise HOPE House.

The Campus

Our campus is located at 721 8th Street Bakersfield, CA 93304 (661) 326-9700. We can accommodate 14 individuals, with 9 private rooms, and 3 shared double occupancy rooms. Our campus operates 24-hours-a-day/7-days a week.

The campus environment is warm and welcoming. We have a Welcome Room, Serenity Room playing soothing music, a living room with large comfortable couches and gathering space for conversation and support, an internet café with access to two computers and a library full of books, recreation activities, and games. We have access to refreshing drinks, calming teas, and fresh fruit and snacks available throughout the campus. We have a large backyard area, certified organic garden, basketball court, covered patio, and a gym for exercise.

Staff

Our staff is comprised of individuals with lived experienced who share their personal recovery stories as a tool to empower guests in their own recovery journey. Our Shift Coordinators are all master's level mental health clinicians and supervise the needs of each guest during their shift. Our certified Peer Recovery Coaches are available to assist with daily needs and provide one to one peer support. We also provide a Peer Housing Specialist who can link guests to appropriate housing and community resources. We have a part time Licensed Psychiatric Technician, and consultation weekly with our campus psychiatrist. All staff utilize evidence-based practices, such as Wellness Recovery Action Plan (WRAP), Dialectical Behavioral Therapy (DBT), and trauma informed principles to provide guests the ability to cope and direct their recovery service plan. Guests meet with Peer Recovery Coaches and Shift Coordinators daily to address challenges they may be experiencing, obtain support, and collaborate on goals to reduce thoughts and feelings experienced by current crisis and develop skills for wellness and recovery.

Scope of Services Provided

- Assessment and Recovery Service Planning conducted with Peer Providers involving families and natural support system
- Peer-provided services, peer support, mentoring, and advocacy education
- Psychiatric assessment and medication management and education to provide the highest level of stabilization and focused self-administration
- Integrated dual-recovery service model
- Individualized recovery service plans to achieve goals
- 24-hour supervision and support, with additional on call licensed clinician
- Individual therapy with mental health clinician
- Dialectical Behavior Therapy (DBT) skills groups and individual support
- Trauma-Informed Approaches integrated in all areas of services
- Wellness Recovery Action Plan (WRAP) groups
- Psycho-educational groups, individual counseling, and support
- Independent living skills infused in all areas of the program
- Linkage to community supports and integrated community outings
- Holistic Wellness support- nutrition counseling and fitness support

- Mindfulness, yoga, meditation, and spiritual support
- Family support and education
- Transition planning
- Recreation, leisure skills, and outdoor activities
- Certified Organic Wellness Garden
- Weekly guest lead meetings to review progress toward established recovery goals
- Vocational Support

Program Goals

1. Provide short-term, voluntary, recovery oriented crisis services that empowers our guests to identify their own needs for wellness and actively direct their recovery plan in a safe and supportive environment.

2. Assist guests in utilizing their strengths to build independence and self-confidence, and connect with community resources to enhance and sustain their individual recovery and wellness.

3. Provide peer support in a way that is evident recovery is possible and offer the help and tools needed for each guest to pursue their own hopes and dreams.

Tools Utilized to Meet Guest Needs

Guests complete a biopsychosocial assessment and recovery service plan/safety plan with a Shift Coordinator to identify current challenges and solutions for recovery.

Guests in need of housing support will be connected to community resources through the assistance of the Peer Housing Support Specialist. Guests will direct their recovery plan and review progress weekly toward their identified recovery goals with their support team. Guests are supported weekly with medication management by campus psychiatrist and education on medication success. Guests are supported in connecting with community resources that enhance their wellness and promote sustainable recovery upon transition. Peer support is available at all times. Guests participate in a wide-range of recovery education classes including Dialectical Behavior Therapy (DBT), Wellness Recovery Action Plan (WRAP), Seeking Safety, medication education, SMART Recovery, Mindfulness Meditation, anger management, wellness nutrition, and community builder outings.

Transition Criteria

Guests projected length of stay is between 12-14 days but can receive recovery support for up to 30 days depending on individual crisis needs. Guests are empowered to actively begin work toward their solutions for their recovery and transition plans upon welcome.

Freise HOPE House Leadership Team

Administrator: Rebecca Ollivier, LCSW

Director of Administrative Services: Flora Millican

Director of Staff Development: Ron Cordy, CADAC II