



Crestwood Behavioral Health, Inc.
Fallbrook Healing Center
Core Program

Fallbrook Healing Center, a Mental Health Rehabilitation Center (MHRC) licensed by the California Department of Health Care Services, provides treatment and care based on the philosophy that mental health recovery is possible. We contract with a few counties in Southern California to provide care for 132 individuals between 18 years of age and older.

Fallbrook Healing Center provides a psychosocial rehabilitation program in a secure and supportive environment which empowers persons served with the skills 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.

Program Goals:

1. Provide treatment that is psychosocial based program.
2. Assist persons served in identifying their strengths and areas of improvement to empower them to move to a lower-level of care or independent living.
3. Compassionately support each client in building strengths, self-reliance, and independence.

Tools Utilized by Program to Accomplish Goals:

1. Provide a therapeutic setting that fosters active participation in the program, self-sufficiency, and independence.
2. Provide a supportive structure and education to assist the client to develop skills to manage their symptoms and behaviors that impact stability.
3. The program utilizes healing arts, life skills, and pre-vocational training as guides and opportunities for greater self-expression, self-confidence, and meaningful accomplishments.
4. Dual Recovery, Wellness Recovery Action Plan (WRAP), Anger Management, Medication Education, Impulse Control, Symptom Management, Dialectical Behavior Therapy (DBT), and Therapeutic Recreational and Leisure Skills are groups offered at the Center to assist persons served in meeting their goals.

Entry, Transition and Discharge Criteria

1. Person's served are referred and screened following our admissions criteria.

2. Develop a discharge plan within the first 10 days of admission and ongoing in collaboration with the client, county and family members if applicable.
3. Medication adherence, knowledge of medications prescribed, and indicated uses.
4. Absence of excessive behaviors for 30 days.
5. Active Participation in Program Groups weekly for 30 days.
6. Insight into the issues that brought the client into the hospital and a plan to succeed in the community or a lower level of care.

Staffing

Fallbrook Healing Center is staffed by Mental Healthcare Professionals 24 hours a day in compliance with state regulations. Several the staff at this location are from the Fallbrook and surrounding communities. 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 Nurse, and Licensed Psychiatric Technicians

Service Coordinators

Recovery Coaches

Activity Director

Dietary

Housekeeping

Laundry

Maintenance

Vocational

Rates

Fallbrook Healing Center contracts with several counties in Southern California. The person's served admitted to the facility are referred by the county and payment is generally from the county. Rates are available with the Administrator.

Giving Back to the Community

Fallbrook Healing Center will be a training site for various professional internship programs in our field. The community in which our program resides is a very important partner for our facility. The program is an active supporter of the community businesses and events.

Accreditation

Fallbrook Healing Center will be 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 Department of Health Care Services: Mental Health Division. Survey results are available upon request.

Fallbrook Healing Center Leadership Team

Administrator- John Carswell

Director of Nursing- Tracy Jackson

Program Director- Michelle Baker

Activity Director- Megan Mack

Business Office Manager- Kimberly Baker

Contact us at Main fax line – 760-731-1377