



## **Crestwood Champion Healing Center Core Program**

Crestwood Behavioral Health's Champion Healing Center (CHC) MHRC is licensed by California Department of Health Care Services. At the CHC each person served is an expert in their recovery journey. The CHC team will provide a foundation of compassion, holistic support, and hope in a strength based therapeutic living community to encourage and guide recovery towards mental wellness. Recovery will be supported through structure, meaningful activities, family involvement (and family/community education), and community integration.

As the Crestwood Champion Healing Center community, we will build relationships, continue recovery and advocate to end mental health stigma. Each person served will bring their unique gifts, resilience, and purpose to their communities upon graduation.

\*CHC recognizes, in an era of social distancing we will strive to provide as many virtual connections between the people we serve and their communities of support.

### **Crestwood MHRC:**

- 80-bed serving male, female, non-binary, and trans clients.
- Serve multi-cultural males and females, ages 18-68, medically stable and have a primary mental illness.
- Accepts private pay and county funded services
- Receives referrals through multiple county contracts
- Information about fees available in the business office
- Services offered 24 hours a day, 7 days a week

### **Program Goals:**

- Provide holistic therapeutic supports that are consistently guest centered, strengths based, and founded on recovery principles.
- Encourage dynamic skill building and identify strengths that lead to healthy community living.
- Be in partnership with the person served, stakeholders, family and identified treatment partners to ensure collaboration, continuity of care, and best treatment outcomes.
- Support the people we serve to recognize and grow personal strengths, self-reliance and interpersonal skills to continue and grow meaningful relationships and improve self-advocacy.

- To find and recognize an individual's unique purpose and meaning within the CHC community.
- Transition/Discharge (Graduate) back into the community to the most autonomous environment possible.
- Strive to provide education to the community and the families of the individuals we serve.

**Treatment Modalities:**

- Person-centered and recovery-based
- Dialectical Behavior therapy (DBT)
- Wellness Recovery Action Plan (WRAP)
- Peer Support
- Vocational/Supported Employment (Dreamcatchers)
- Co-Occurring Recovery
- Independent Living Skills
- Trauma-Informed Care
- Compassion Focused therapy
- Cognitive Behavior therapy
- Mindfulness

**Transition and Discharge:**

- Transition and Discharge plans are developed collaboratively with the person being served. This is initiated at admission and updated continuously.

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

- Person Served, County Representative, and MHRC team coordinate discharge (graduation) housing and mental health services
- Taking medications as prescribed
- Participating in meaningful activities/roles
- Sobriety
- Independent Living Skills

**Tools utilized by Program:**

- Provide a positive psychological, social, biological, spiritual milieu that fosters active, participation in the program.
- Provide structure and education to empower the people we serve to understand, work with, and manage their symptoms and behaviors that impact wellness and recovery.
- Offer healing arts, life skills, education, and vocational opportunities to provide life experiences, self-expression, self-confidence, self-discovery and meaning.
- Co-Occurring recovery, WRAP, Crisis Management, Medication Education, Adult Education, DBT, Mindfulness, Trauma-Informed Care, and leisure activities to assist residents to meet their goals.
- On-site Psychiatric, Nursing, and Physician services.

- On-site Employment opportunities contracted through Dreamcatchers Empowerment network \*Coming soon?

**Rates:**

Crestwood MHRC contracts with various counties in California. The clients admitted to CHC are referred by the county and payment is generally from the county. Any private referrals would be set up as private pay. Rates are available with the Administrator.

**Funding Sources:**

Funds come from a daily fee paid by the county the individual is from. Private pay clients or their designee /responsible party will pay the facility directly.

**Family/Support Systems:**

Crestwood CHC 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 will host events on a regular cadence to encourage family involvement. Clients are welcome to request family members to be a part of their treatment team and they are welcome to attend their quarterly meetings.

**Staffing:**

Crestwood CHC is staffed by mental healthcare professionals 24 hours a day, in compliance with state regulations. Below is a sample of staff members at this site.

Licensed Psychiatric Technician  
Licensed Vocational Nurse  
Registered Nurse  
Service Coordinators  
Recovery Coaches  
Dietary  
Housekeeping  
Maintenance Staff  
Vocational Coach \*Coming soon?  
Recreational Director  
Training/Educational Director

**Giving Back to the Community:**

Crestwood Champion Healing Center is active in giving back to the community. We will participate in volunteering with the local community sites to build relationships, encourage compassion, and provide insight into the mission of Crestwood Behavioral Health.

**Accreditation:** CARF