



Crestwood Behavioral Health Center

Eureka, California

Pathways

Medi-Cal certified Social Rehabilitation Program-
Transitional Residential Treatment Program

Core Program Description

Our program is located in a tree-lined area in Eureka near the famous Northern California scenic redwoods and beautiful Lost coastline. We operate 24/7 and are staffed 365 days a year, with the exception of administrative functions closed during weekends and holidays. As a part of a larger campus with a Mental Health Rehabilitation Center, our persons served get opportunities to interact with a larger Recovery-based community.

Pathways is a 16-bed residential campus which serves adults, from 18 to 59 years of age, with a primary mental health diagnosis. As a transitional Residential type of Social Rehabilitation program, our persons served can stay from 12 months up to a maximum of 18 months, when still working towards their treatment goals and if documentation requirements are met.

Pathways offers a home-like social atmosphere designed to foster individual growth and success towards independence and attainment of life goals. Residents participate from 8AM to 8PM in our Medi-Cal certified program, overseen by the Campus Administrator, Pathways Program Administrator, and Clinical Head of Services. Our Service Coordinators provide a structured and enriching group schedule to teach and encourage recovery-based and independent skill building. Our primary goal is to assist our persons served with finding solutions to the barriers preventing them from living successfully in the community setting of their choice, while attaining their personal life goals. Supporting our residents are the Pathways team, county representatives, family members, and other stakeholders guiding them to success. Through the Recovery process, we model and encourage relationships with self, peers, the community, service

providers, and family or chosen supports. It is through these various relationships that our persons served find hope, strength, inspiration, mentors, allies, and a sense of purpose and belonging.

Crestwood Pathways is currently contracted with nineteen counties across the state of California, and we receive referrals from county public guardian offices or county behavioral health departments. Clients referred generally come from mental health rehabilitation centers (MHRCs) or board and care facilities with little-to-no programming component. Payment for room and board is paid for individually through each resident's Social Security Income, where the rate is set by the State of California. The programming component is paid as a "patch" by the county. This "patch" rate is assessed on an annual basis. Rates are kept by the Campus Administrator and Director of Administrative Services. Any other fees and program attendance payments are arranged through contracts between the campus and county behavioral health departments. The Pathways program does not bill to any insurance plans.

Program Goals:

1. To support residents with identifying their needs and goals, while enabling them with the skills to move towards a lower level of care and attain further independence.
2. To provide services which are holistic, recovery-based, culturally sensitive, and respectful to the individual nature of the recovery process.
3. To support each person served in identifying and building strengths, self-esteem, self-reliance, and independence.
4. To maintain a stable, healthy, communal environment that is conducive to all residents' recovery.
5. To approach service provision in a way that reflects Crestwood's Four Pillars of Recovery: Hope, Empowerment, Meaningful Roles, and Spirituality.

Tools Utilized to Accomplish Goals:

- Establishing clear discharge goals and length of stay directly upon admission of each person served. Residents and their existing supports are involved in the implementation of their treatment plans, which are assessed on a monthly and quarterly basis, until their target dates are reached.
- Developing Recovery Service Plans which are obtainable, clear, and compiled with input from our persons served and other existing supports.
- Providing a variety of skill building groups, including evidenced-based and emerging best practices, such as Dialectical Behavioral Therapy (DBT), Wellness Recovery Action Plans (WRAP), Cognitive-behavioral techniques, co-occurring disorder recovery techniques, independent living skills (e.g., utilizing public transportation, budgeting, cooking, etc.),

symptom management, medication education, distress tolerance, and emotional regulation.

- Trained paraprofessional staff to teach medication education while encouraging self-administration in staff's presence.
- Quarterly assessments compiled by a California licensed psychiatrist.
- On-site medical assessments by a medical practitioner. Referrals to specialty services coordinated on-site and transportation provided by authorized staff.
- A milieu focusing explicitly on the principles of recovery to foster active engagement, healthy relationships, recreation, and shared decision making.
- Prevocational training through Dreamcatchers as an opportunity for greater self-esteem and meaningful accomplishments.
- Resources to navigate the city of Eureka independently.
- Outings to maximize community involvement to destinations such as local attractions, parks, and recreation areas.
- Encouraging input and participation from existing supports including family members, friends, and stakeholders.

Discharge Criteria

Discharge planning starts at the referral process, with a clear discharge date and measurable, understandable goals. The discharge plan is reviewed upon admission and continually until the target discharge date. Reviewing discharge plans regularly allows our persons served to establish their strengths and barriers related to meeting their goals and enables them to identify the resources available to support them. Numerous factors are considered to keep residents on track with discharge plans, including developing an understanding of the steps required to maintain recovery, the role medications play in sustaining wellness, developing independent living skills, and refraining from behaviors that endanger oneself or others. Discharge goals and target dates are addressed monthly and reviewed quarterly by the Pathways Interdisciplinary Treatment Team, the person served, and their county representatives. Our residents' family or other existing supports are encouraged to be engaged in our persons served recovery process and are included whenever possible as requested by the resident.