



## **Crestwood American River Psychiatric Health Facility-**

### **CORE PROGRAM**

The mission of Crestwood American River Psychiatric Health Facility (PHF) is to provide an alternative to traditional psychiatric care for adults who are currently experiencing an acute mental health crisis. Utilizing a client-centered, recovery-based model of care, we provide our clients with the structure and support needed to promote stabilization and foster personal choice and active participation in daily activities and life direction.

Through collaboration and empowerment, while providing a healing environment, peer providers, family partners, and a recovery-oriented milieu, our goal is to restore a sense of hope, self-empowerment and realized potential of recovery in each of our clients.

Transition and discharge from the American River PHF begins at admission. As we work with clients who require stabilization, medication management, behavioral interventions, psycho-therapy, psychosocial education and a transition plan to successfully reduce their symptomology, our goal is to increase their management of the disease process, thus reducing lengthy and costly acute and sub-acute hospitalization, while increasing a successful return to their community.

Some of the evidenced-based modalities utilized as part our service model include: WRAP (Wellness Recovery Action Plan), Dialectical Behavior Therapy (DBT) and SacPort (Sacramento Psychosocial Options for Recovery Training). We also provide groups such as Pathways to Recovery, Life Skills, Nursing Groups on various topics, Spirituality, Arts and Crafts, as well as many Recreational Groups, so that our clients have a wide range of supportive processes that encouraged them in maximizing their life and achieving a sense of balance and fulfillment.

Our services are instrumental in supporting each client's individual transition and discharge to the most independent level of services and support possible, including peer support, wellness and recovery programs, housing and natural supports. Individuals requiring extended services are referred to the least intensive services, including supported programs, and as needed, clients requiring more structure and support are transitioned to augmented Adult Residential Services, Board and Care and lastly, as needed in extreme situations, to IMD services.

The goals for each client's discharge includes medication and treatment compliance; meeting the goals set in their Recovery Service Plan; adequately stable in targeted behaviors to re-enter the community; participation in individual recovery program; lack of self harm or harm to others; and exhibiting insight regarding their recovery process.

We provide services 24-hours a day, 7-days a week, based on a contract exclusively for clients from Sacramento County. A fixed rate is set per bed and is available through the Administrator.