



American River Residential Services

Core Program

The mission of American River Residential Services is to provide a resident-driven, multi-faceted, holistic approach to adults recovering from mental illness who are able to live independently with limited support. Utilizing a client-centered, recovery-based model of care, we provide our residents with the necessary tools to experience the demands of life in a safe, supportive environment, which is essential in order for the recovery process to be meaningful, lasting and effective. Our relationship with each individual resident is the basis for encouraging and fostering growth, change and independence.

Transition and discharge from American River Residential Services begins at admission. Utilizing the components of the Wellness Wheel, residents are encouraged to participate in the development of their wellness goals in their Recovery Service Plan, Skills Groups and Interdisciplinary Team Meetings. Providing residents with the ability to make choices allows them the opportunity to accept greater social responsibility in moving towards their desired environments for living, learning, working and socializing.

Some of the evidenced-based modalities utilized as part of our service model includes: WRAP (Wellness Recovery Action Plan); Dialectical Behavior Therapy (DBT); SacPort (Sacramento Psychosocial Options for Rehabilitation Training); and Vocational Training through our affiliation with Dreamcatchers Empowerment Network.

Our Vocational Program seeks to empower residents to develop in the four skills areas of the Vocational Wheel: Work Skills, Time Management Skills, Productivity Skills and People Skills, thus providing the tools needed to become employed, foster independence and develop meaningful roles. Our goal is to provide a working environment that enable residents to understand and address behaviors that interfere with their quest for independence, while providing a positive work experience. All residents at American River Residential Services are invited to participate in our Vocational Program that places individuals in various positions within the facility, based on their interests.

Our Community Engagement Program is designed to explore and identify mental health resources in the community that can be easily accessed by our residents. The goal is

to make the transition from American River Residential Services to independent housing a seamless process, by utilizing support systems that are already present in the community. Experiencing the community through various groups and activities play a vital role in the acquisition of life skills. In addition, we establish valuable partnerships with other mental health providers, which allows for the creation of comprehensive service planning for our residents.

Our Family Engagement Program is designed to engage and involve family members in our services through individual family and resident service planning, educational groups, and family-to-family support groups. In order to provide services that are comprehensive that allow our residents to begin to identify and harness their own capacity for empowerment and independence, it is necessary to take into account all the factors that influence their individual recovery. We recognize that family engagement and involvement could have a profound positive impact on residents' successes while at American River Residential Services and after they transition to independent housing.

Our criteria for transition and discharge includes insight relating to the symptoms of their diagnoses and ability to effectively manage those symptoms, medication compliance and a clear understanding of the role medication plays in self care, the ability to budget and manage their finances and linkage and utilization of community support systems.

We provide services 24-hours a day, 7-days a week, and have contracts with various counties throughout Northern California. Fee schedules are reviewed and revised annually and are available through the Administrator, along with a rate scale.