



Crestwood Center at Napa Valley

CORE PROGRAM

Crestwood Center at Napa Valley is a mental health rehabilitation center (MHRC), licensed by the California Department of Mental Health and delivers treatment and care based on the philosophy that mental health recovery is not only possible, it is the goal of our program. We contract with various counties in California to provide care for 52 individuals. The clients receiving care are between 18-64 years of age.

Crestwood Center at Napa Valley provides a psychosocial rehabilitation program where clients experience real life demands in a secure and supportive environment. The Center enables clients the ability to cope with their symptoms in daily challenges of life. The focus is to help the client build strengths, self-reliance, and the independence with training and support.

Program Goals:

1. Provide treatment that is psychosocial based.
2. Assist clients in identifying their needs and areas of improvement they would like to work on to enable them to move to a lower level of care or independent living.
3. Assist each client to build strengths, self-reliance, and independence with the support provided by the staff.

Tools utilized by program to accomplish goals:

1. Provide a psycho social milieu that fosters active participation in the program, self-sufficiency and independence.
2. Provide a structure of support and education to allow the client to modify and 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) skills training groups and leisure skills are all parts of the groups offered at the Center to assist a client in meeting their goals through education.

Transition and Discharge Criteria:

1. Develop a discharge plan within the first 10 day of admission in collaboration with the client, county and family members if applicable.
2. Medication adherence and knowledge of medications prescribed and uses.
3. Abstinence of excessive behaviors for 30 days.
4. Participation in required group hours weekly for 30 days.
5. 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:

Crestwood Center at Napa Valley is staffed by mental healthcare professionals 24 hours a day, in compliance with state regulations. A number of the staff at this location hail from Napa Valley communities and have been providing care at the facility in Angwin for many years. Below is a sampling of the kinds of staff members that are at this site.

- **Licensed staff** - 24 hours a day, including registered nurses, licensed vocational nurse, and licensed psychiatric technicians
- **Service Coordinators**
- **Mental Health Counselors**
- **Activity Coordinator**
- **Dietary**
- **Housekeeping**
- **Maintenance staff**
- **Vocational staff**

Rates:

Crestwood Center at Napa Valley contracts with various counties in California. The clients admitted to the facility are referred by the county and payment is generally from the county. Some clients that are referred privately are also accepted at the facility. Rates are available with the Administrator.

Giving Back to the Community:

Crestwood Center at Napa Valley is a training site for area students pursuing various careers in the mental health field. Yuba College utilizes our site to providing internship supervision for students specializing in co-occurring disorders. We provide the interns the opportunity to run groups, provide 1:1 counseling and learn a variety of skills. We also offer opportunities to psychiatric technicians and psychology majors from area colleges.

Accreditation:

Crestwood Center at Napa Valley received a second three-year accreditation by the Commission of 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 Mental Health. Survey results are available upon request. Accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation.