



## **BAKERSFIELD CRESTWOOD PSYCHIATRIC HEALTH FACILITY #2**

### **CORE PROGRAM**

Crestwood Psychiatric Health Facility (PHF) #2 is a 16-bed, 24/7 acute locked psychiatric facility. We provide intensive mental health services to Kern County residents, both voluntary and involuntary, who are referred from Kern County Mental Health. We provide medication evaluation and monitoring, nursing (RNs, LVNs) services, service coordinator services around discharge, and make referrals to the community, psychosocial groups, and medication and health education groups. PHF #2 utilizes a bio-psychosocial recovery approach, addressing each client's unique situation. Evidenced-based practices such as WRAP and Dialectical Behavior Therapy are part of the daily programs. We have a multi-disciplinary team which consists of a psychiatrist, a medical doctor, nurses, service coordinators, mental health workers, and recreational staff. We also have a licensed nutritionist who provides services around each unique client's nutritional needs. A clinician is also on staff to provide individual therapy and family therapy as needed or requested by our psychiatrist. The living room model is used in the design of the unit to provide a less institutionalized setting. Hot meals, as well as snacks, are served daily in a family setting. Again, our goal is to help clients through their crisis, with dignity, respect, and compassion.

### **PROGRAM GOALS:**

It is the goal of Crestwood's Psychiatric Health Facility #2 to provide crisis stabilization services to Kern County residents who are in crisis and requiring emergency mental health services. We provide individualized recovery treatment with the goal to help each unique individual who enters our doors to gain the help they need to be able to return back to their community and continue with their life goals. Crestwood works with the client, their family or caregiver, the community, Kern Mental Health Outpatient, etc., to provide ongoing services to our clients upon their discharge. Discharge planning is started with the clients from the time of their initial admission. Each discharge is tailored to the needs of each client to determine the best possible discharge plan.

**POPULATION SERVED:**

Crestwood PHF #2 provides mental health crisis services to Kern County residents who are referred to us through the Mary Kay Shell (PEC) Facility. They are screened, assessed, and triaged at Mary Kay Shell to determine the appropriate level of treatment. We provide services to County clients who are indigent, medical, and medi-medi, both male and female, from the ages of 18 to 64. Services are provided to both voluntary and involuntary clients onto our unit.

**MECHANISMS TO MEET THEIR NEEDS:**

When clients are admitted to PHF #2 they are welcomed, given a packet with information about our unit, a nursing assessment is completed, they are seen by our service coordinators and another assessment is completed. Upon completion of the assessment, individual goals are determined by both the client and staff. These goals are designed to assist the client in their recovery from the crisis which contributed to their hospitalization. Our staff psychiatrist evaluates each individual client around their need for medications, and provides daily monitoring and assessment. They are then seen by staff MD or Nurse Practitioner for an H & P (physical exam). Clients are evaluated daily by nurses, service coordinators, recreational staff, and mental health workers. The goal is to stabilize clients, discuss discharge, develop a plan for recovery from their acute crisis and when the client is ready he/she is discharged back to the community, family, etc.

**SETTING:**

We are located at 6700 Eucalyptus Drive, Suite C, Bakersfield, CA 93306, (661) 363-5947. We are open 24/7, 365 days a year. Please contact us for information about fees. We contract with Kern County Mental Health.