



## **Crestwood Healing Center: The Bridge Program**

### **CORE PROGRAM**

The Bridge at Pleasant Hill is a 24-hour, residential community for mental health wellness and recovery. We provide a client-driven, multi-faceted, holistic approach to healing for adults who have progressed beyond the beginning stages of recovery of mental illness or who are highly motivated. Our therapeutic approach is informed by cognitive and behavioral therapies including Dialectical Behavior Therapy (DBT). The Bridge partners with local resources to promote community integration. We actively endorse the ideals and principles of recovery by seeking out opportunities for: (1) hope, (2) meaningful roles, (3) empowerment, and (5) spirituality.

Our clients are at the center of their treatment; they actively assist and inform the development of goals and activities. We offer groups daily designed to increase effectiveness in the areas of: mental health management; health and wellness; spirituality; educational and vocational pursuits; skills building; and leisure planning and activities. Families and others are closely involved with our clients' care and are part of the planning and team of support.

The Bridge serves clients from Contra Costa County who have serious mental health issues and are engaged in creating more meaning in their lives and increasing independence and self-reliance. The rates are set in accordance with industry standards and can be obtained from the Administrator. The Bridge was designed in collaboration with Contra Costa County Mental Health and works in partnership to serve clients who are active and committed to their mental health recovery. An emphasis is placed on community integration. The philosophy of the Bridge at Pleasant Hill is the belief that skill acquisition, support, and opportunities to develop meaningful activities will increase independence by decreasing the debilitating aspects of mental illness.

Transition and discharge from the Bridge is supported by Contra Costa County Mental Health and begins at admission. A client's treatment is designed so that there is acquisition of the skills needed to be successful in independent living. This is individually determined, but includes at a minimum medication and mental health management; healthy and meaningful daily activities; a strong support group; advocacy skills; basic knowledge of health and wellness; the ability to

navigate systems of care i.e. the mental health system; and skills needed for daily living i.e. money management and leisure skills.

**Program Goals:**

- Provide behavioral support that is consistent with the tenets of psychosocial rehabilitation and recovery principles.
- Improve skills and accomplishments that lead to healthy community living.
- Partner with County Mental Health, families and other stakeholders to best collaborate and work in sync with other services.
- Assist clients to build personal strengths, self-reliance and develop and refine interpersonal skills to have meaningful relationships and improve self-advocacy.
- Be a valued member of our community.

**Tools Utilized by the Program:**

- An environment and staff approach that provides a psychological, social, biological, and spiritual milieu that fosters active participation in the program.
- Structure that provides support and education to clients allowing them to modify and manage symptoms and behaviors that impact stability.
- Utilize healing arts, life skills, and prevocational opportunities to provide life experiences, self-expression, self-confidence and meaningful accomplishments.
- Dual Recovery, WRAP, Dialectical Behavior Therapy, anger management, medication education, impulse control, emotional modulation, and leisure skills to assist clients meet their goals.