



Crestwood Healing Center: The Pathway Program

CORE PROGRAM

The Pathway 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 young adults who are homeless or at risk of homelessness who have recently experienced the on-set of mental illness. Our therapeutic approach is informed by cognitive and behavioral therapies including Dialectical Behavior Therapy (DBT). The Pathway 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, skill building, leisure planning and activities and more. Families and others are closely involved with our clients' care and are part of the planning and team of support.

The Pathway serves clients from Contra Costa County who have serious mental health issues and are actively engaged in developing the skills and resources to keep their mental illness from becoming a disability. The rates are set in accordance with industry standards and can be obtained from the Administrator. We strive to assist clients in creating meaning in their lives and developing skills to meet the demands of adulthood.

The Pathway was designed in collaboration with Contra Costa County Mental Health and we work in partnership to serve clients who are active and committed to their treatment goals. We place an emphasis on community integration. The philosophy of the Pathway at Pleasant Hill has the inherent belief that skill building, support, and the certainty that it is possible to develop a meaningful life with mental illness, will keep a client's mental health issues from becoming a disability.

Transition and discharge is supported by Contra Costa County Mental Health and begins at admission. The Pathway has been designed to ensure that each client is offered the opportunity to acquire skills to be as independent as possible. Skills and resources needed are individually determined, but includes at a minimum a high school diploma or its equivalency; 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.
- Be in partnership with County Mental Health, Family 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:

- Provide a psychological, social, biological, spiritual milieu that fosters active participation in the program.
- Provide structure to support and educate clients, allowing them to modify and manage their 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, anger management, medication education, impulse control and emotional modulation.