



CRESTWOOD CENTER SACRAMENTO

CORE PROGRAM

The philosophy of the Crestwood Center Sacramento's program is centered on client goals and skill building, and utilizes a recovery informed rehabilitation process. The goal of the program is to assist the client in gaining the skills needed for transition into an environment that allows for the maximum level of independence and security. The client, along with staff, develops an individualized Recovery Service Plan of treatment with measurable goals and objectives. We also encourage stakeholder and family involvement in the treatment planning process. These treatment or service plans help the client to become more independent and self-sufficient. This program uses individual counseling, as well as group skills training to assist clients in developing the needed skills and competency.

In the "Dream House" level of our program we conduct our skills training in a more "homelike" environment. In this environment we can offer a more intensive learning opportunity, in a less restrictive manner. This program also offers full employment opportunities through the Dreamcatchers Empowerment Network. We also assist our clients in developing a community support system. This is a very important factor in our client's eventual success at a lower level of care. We encourage our clients in becoming involved with client self-help groups, Wellness Centers, and community volunteer opportunities. Our staff is trained in recovery-based methods, and Pro-Act crisis intervention principles. This affords the ability to assist clients in coping with the various challenges that they face in a supportive and focused manner.

TARGET POPULATION:

Chronically mentally ill (Axis I Diagnosis) adults 18-65 who demonstrate the ability to engage in, or develop, goal directed and skill development activities.

REFERRAL RESOURCES:

Crestwood Center is contracted for services with 58 counties through California.

LENGTH OF STAY:

The expected length of stay is approximately three-months to one year.

THE FACILITY:

Our facility is located in midtown Sacramento, directly across the street from, U.C. Davis Hospital, and two blocks from the Sacramento Mental Health

Treatment Center. Our maximum capacity is 99 clients. The clients share three-bed bedrooms with a bathroom in each room. The rooms have individual storage locked space for each client. The home also has a separate TV room, recreation room, meditation room, dining room, and two large shower/bath rooms. The facility is close to the bus system and a mall shopping center. The home is also located a short distance from Sacramento City College and several Community Centers. The backyard is very large with an area where barbecues can be conducted and a grass area where one can toss a Frisbee, basketball, football and even play a game of croquet. The back yard is also used to conduct group activities. The Dreamhouse section of our facility has a centralized kitchen where clients can assist in meal preparation.

HOURS OF OPERATION:

Crestwood Center is a 24-hour facility.

Regular business hours
Monday through Friday 8:00 am to 4:30 pm.

Visiting Hours
Monday-Friday
1:00 P.M. – 2:00 P.M.
3:00 P.M. – 5:00 P.M.
6:00 P.M. – 8:00 P.M.

Weekends and Holidays
10:00 A.M. - 11:30 A.M.
12:30 P.M. – 5:30 P.M.
6:30 P.M. – 8:00 P.M.

STAFF:

Our Program Staff consists of Service Coordinators who maintain a caseload of clients, and who supervise the clinical treatment. Mental Health Workers who insure that the daily needs and requests of the clients are being met consistently. Along with a Program Director and the Director of Nursing (RN), we also staff a Quality Assurance Specialist, a Director of Education (Staff Education), and Medical Records Coordinator. The facility also maintains a full Dietary, Housekeeping/Laundry, and Maintenance Staff.

NURSING:

Our nursing department is supervised by our Director of Nursing Services (R.N.). There is a minimum of two LVNs/LPTs on per shift. The facility also provides weekly visits with a Nurse Practitioner. The Nurse Practitioner assists with medical and medication issues, i.e. side-effects, types of meds, and symptoms under the supervision of a licensed physician.

TREATMENT MODALITIES: SKILLS TRAINING AND GROUP ACTIVITIES:

ACTIVITIES:

The activity component of the program is designed and supervised by a certified recreational therapist. We offer daily activities within the facility, as well as outings to places and events in and around the Greater Sacramento area.

Facility wide groups and activities:

The treatment modalities include, but are not limited to the following:

1. Medication education
2. Symptom management
3. Wellness Recovery Action Plans (WRAP)
4. SacPort Modules
5. Dialectical Behavior Therapy (DBT)
6. Leisure and recreation skills (barbecues, outing, etc.)
7. Stress management
8. Vocational and occupational opportunities
9. Chemical dependency (how to avoid using substances while in the community)
10. Resident Council
11. Self-Advocacy

Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a treatment designed specifically for individuals with self-harm behaviors, such as self-cutting, suicide thoughts, urges to suicide, and suicide attempts. Many clients with these behaviors meet criteria for a disorder called borderline personality (BPD). Crestwood Center has a strong DBT consultation/therapist team and program. Residents involved with the DBT program are assigned an individual DBT therapist with whom they work with intensely on developing skills to better manage and decrease suicidal and parasuicidal behaviors. Each resident also attends weekly group sessions with accompanying "homework" activities.

Dream House Program

Our Dream House vocational training and job placement program empowers clients by providing them with the tools needed to become employed, foster independence, and the development of meaningful roles. Our goal is to provide a working environment that enables clients to understand and address behaviors that interfere with their quest for independence while providing a positive work

experience. All Crestwood Center Sacramento clients are encouraged to participate in the pre-vocational program that places individuals in various positions within the facility as assistants or trainees. This is the first step to developing positive work habits, and moving toward employment through the Dreamcatchers Empowerment Networks job placement program. Based on their individual interests, clients are welcomed to participate in all departments, and will be provided training in the following areas:

1. Cooking/shopping/food preparation/menu planning.
2. Laundry (clients will be able to do their own wash).
3. Money management.
4. Community mobility assistance (bus system, locating community resources).
5. Community resources (Wellness & Recovery Centers, Skill Centers).
6. Community Volunteer Opportunities.

Dreamcatchers Empowerment Network

Crestwood Center is aligned with Dreamcatchers Empowerment Network. Crestwood Center and Dreamcatchers prepare our residents for employment and self-sufficiency by providing the following services:

1. Vocational Assessment
2. External Situational Assessment
3. Work Adjustment
4. Employment Preparation
5. Job Development
6. Job Coaching
7. Job Placement and Follow-up

CRITERIA FOR DETERMINING APPROPRIATENESS:

Clients are accepted into the program after they have been assessed by the Admission/Discharge Coordinator, and approved by the Program Director and Director of Nursing. Clients have a primary Axis I psychiatric diagnosis. Clients with medical problems are assessed for severity, and admitted at the discretion of the Director of Nursing. Clients with acute medical and severe behavioral problems are not accepted into the facility. The referring agency must provide an admission packet containing relevant history, information regarding client problems and service needs, emergency contacts, allergies, physical status, all relevant identification information, and medication needs.

COMPATIBILITY DETERMINATION PROCESS:

Clients who meet the admission criteria will be recommended for acceptance into the facility and program. Potential admissions are screened by the facility Admissions/Discharge Coordinator.

CLIENT RIGHTS:

All clients accepted into the program are informed of, and given a list of their personal and client rights. The phone number of patient rights is posted in the facility.

RECOVERY SERVICE PLANS:

Recovery Service plans are developed for each client. The service plan describes the problem to be addressed and the method to be used. Each client is encouraged to assist in the development of their individual service plans.

- **NEEDS AND SERVICE PLAN:**

1. The client, along with the staff develops an individual plan of treatment with goals and objectives. We also encourage stakeholder and family involvement in the treatment planning process. These treatment or service plans will help the client to become more independent and self-sufficient. The service plans focus on social skills, independent living skills, vocational skills, and community skills. The program uses individual counseling as well as group skills training to assist clients in developing a community support system.