



CRESTWOOD CENTER SAN JOSE MHRC

Core Program

The mission of Crestwood Center San Jose is to provide client-centered, psychosocial rehabilitation services to adults, ages 18-64 years of age, with chronic and persistent mental health issues. We accomplish this mission through a holistic approach focusing on the client's goals, meaningful roles and spirituality in a manner that fosters hope and personal empowerment. Client, family, and other stakeholder input is valued and helps to drive the treatment planning process in an environment that recognizes the individual's strengths, needs, abilities and preferences.

We offer a variety of treatment approaches to assist clients in symptom reduction, the development of social skills, and self-regulation of behavior and understanding medications. This is accomplished through both group and individual therapy sessions utilizing Dialectical Behavior Therapy (DBT), Wellness Recovery Action Plan (WRAP), Dual Recovery principles, Personal Safety Plans, as well as numerous other therapeutic and social activities.

Transition planning begins at the time of admission for each individual. The treatment team works closely with the client and all stakeholders to ensure placement preferences are considered and the level of care is appropriate. Criteria for discharge are based upon the individual's successful skill acquisition and accomplishment of goals necessary to support their recovery in the community.

Our 98-bed program is staffed 7 days a week, 24 hours a day by licensed nursing staff and rehabilitation assistants. Service Coordinators work with individual clients to coordinate their care and assist in meeting client needs by interfacing with family, conservators, service providers and our county partners from the various counties we serve. Our LMFT provides support and guidance to clients, and their families, in addition to training and educating our staff on meaning ways to work with families and support relationships. Additionally, our Dual Recovery Specialist works with individuals diagnosed with co-occurring substance abuse and mental health issues by providing Dual Recovery Anonymous meetings, addiction education, symptom reduction skills and peer support in individual and group settings. Medical care is provided by our internist 5 days per week and Psychiatrists review individual client progress and needs on a weekly basis. Pre-vocational training services are available for all clients with

the desire to develop basic work skills. Activity staff ensure that clients are provided enriching social, leisure and therapeutic activities to enhance their relationships, share their creativity and develop functional life skills.

Referrals can be made directly to our Community Resource Coordinator by phone or fax. Individuals requiring services which could be provided at a lower level of care would not be appropriate for admission to our program. Referrals requiring a locked therapeutic setting to monitor medications, manage symptoms and provide safety will be considered for admission and assessed on an individual basis. Information regarding fees is available by contacting the Administrator.