



## **Crestwood Psychiatric Healthcare Facility** **San Jose**

### **Core Program**

The mission of Crestwood San Jose Psychiatric Health Facility (PHF) is to provide an alternative to traditional psychiatric care through collaboration, empowerment, a healing environment, peer providers, family partners, and a recovery-oriented milieu. The Crestwood PHF provides the structure and support needed to promote stabilization and foster recovery. We provide acute psychiatric services licensed as a Psychiatric Health Facility in the community setting, for clients experiencing psychiatric crisis of such magnitude, that it is unmanageable in the community. Our goals are to restore a sense of hope, self empowerment and realized potential of recovery in each of our clients.

The PHF services are for clients who require stabilization; medication management; behavioral interventions; psychosocial education; and a transition plan to successfully reduce symptoms, increase the clients management of the disease process, reduce lengthy and costly acute and sub-acute hospitalizations, and to increase a successful return to their community. The PHF treatment team includes a psychiatrist, general practitioner or internist, registered nurses, licensed clinicians, case managers, peer mentors, a dietician, and rehabilitation assistant

Crestwood has implemented the principles and elements of the service model developed by Recovery Innovations employed at the Living Room programs.

We screen, admit, assess and treat clients requiring acute psychiatric services utilizing recovery-oriented services. Our services support each client to recover with an enhanced sense of resilience, accessing a wide range of wellness tools, peer, staff and natural supports offered at this program.

These services are instrumental in supporting each individual transition to the most independent level of services and support possible, including peer support, wellness and recovery programs, housing and natural supports. Individuals requiring extended services shall be referred to the least intensive services, including supported housing programs; as needed, clients requiring more structure and support shall be transitioned to augmented adult residential services, board and care; and lastly as needed, in extreme situation to IMD services. Clients will be transitioned with their Wellness Recovery Action Plan (WRAP) (if

completed during length of stay) and with a transition plan which can enable them to continue their recovery toward independence.

**Program Features:**

- 24-hour nursing supervision and care.
- 24-hour mental psychiatric and mental health consultation.
- Staff trained in treatment of chemical dependence and significant and long term mental health issues.
- Individual therapy with a licensed clinician.
- Integrated treatment planning process.
- Dialectical Behavior Therapy (DBT) – individual and team approach.
- Wellness Recovery Action Plan (WRAP).
- Psychosocial groups, individual counseling and support.
- Independent Living skills training.
- Motivational strategies to engage and continue engagement for this population.
- Care and education for medical complexities not requiring skilled nursing.
- Linkage to community supports.
- Individualized recovery plans to achieve personal goals.
- Wellness and fitness support.
- Nutritional education, counseling and support.
- Yoga, meditation and support for a spirituality path.
- Peer support..
- Family support.
- Discharge and transition planning to create and support movement back to the community.