



Crestwood Our House

Core Program

The mission of Our House is to provide a recovery-based model to assist the residents in gaining their independence back into the community through wellness and recovery. Our House offers community-based living with structure and support which actively promotes wellness by using the following recovery-based philosophies and principles: (1) Hope, (2) Empowerment, (3) Meaningful Roles, and (4) Spirituality.

Our House is designed to work in partnership with clients who are active and committed to their mental health recovery. An emphasis is placed on community integration. The philosophy at Our House is that recovery is possible for everyone and being in the presence of someone with the belief that one can recover will have a positive impact on the negative aspects of mental illness.

Our House:

- 76-bed Augmented Board and Care.
- Serves multi-cultural males and females, ages 18-59, medically stable, with Axis 1 and Axis 2 diagnosis.
- Accepts private pay, and county funded services.
- Receives referrals through multiple county contracts, as well as, individual private sources.
- Information about fees available in the business office.
- Services offered 24 hours a day, 7 days a week.

Program Goals:

- Provide behavioral support that is consistent with the clients 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 involved parties to best collaborate and work in sync with other services.
- Assist residents 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.
- Transition/Discharge plans are collaboratively developed upon admission and updated throughout their stay with the focus geared towards maximizing their independence.

Tools Utilized by Program:

- Provide a psychological, social, biological, and spiritual milieu that fosters active, participation in the program.
- Provide structure to support and educate residents, allowing them to modify and manage their symptoms and behaviors that impact stability.
- Utilize healing arts, life skills, and vocational opportunities to provide life experiences, self-expression, self-confidence and meaningful accomplishments.

- Dual Recovery, WRAP, anger management, Medication Education, Adult Education, DBT, Core Gifts and leisure activities to assist residents to meet their goals.
- On-site Medical, Psychiatric, Nursing and Physician services.
- On-site Employment opportunities contracted through Dreamcatchers Empowerment Network.