



CRESTWOOD MANOR VALLEJO

CORE PROGRAM

Program Description:

Crestwood Manor Vallejo is a 37-bed skilled nursing Geriatric Psychiatric Unit. The program is designed to support the residents in maintaining their optimal level of functioning. Residents are assessed for their individual needs. Services provided include physician, skilled nursing, dietary, restorative therapy, low impact and sitting exercise program, group, as well as individualized activity programming and skills groups. Activities are designed to meet the needs of a geriatric population affected by medical issues, as well as mental health issues.

Program Philosophy:

Crestwood Manor Vallejo's program philosophy is to provide dignity and respect for the individual, observe resident rights and privacy and be consistent with HIPPA, while maintaining independence at their current level of care. We realize that each person is unique; with this in mind, assessment is ongoing to insure the best individualized activity and behavior treatment plans for that resident. The recovery principles of (1) Hope, (2) Belonging, (3) Individual Contribution, (4) Meaningful Roles, and (5) Spirituality, are also encompassed within the program's philosophy.

Program Goals:

- Support the individual in maintaining stability by addressing health and behavioral factors that may be interfering with appropriate use of treatment services, or otherwise negatively affecting health outcomes.
- Provide individualized activities and groups in an enriched environment to stimulate sensory, processing, and cognition, in order to achieve maximum functioning capability.
- Monitor and reinforce memory-enhancing exercises with games, crossword puzzles and reminiscence activities.
- Increase social contact with others, including maintaining or reestablishing contact with family.
- Identify opportunities for growth and development for improved self esteem.

Tools Utilized by the program:

- Skills groups, including Dialectical Behavior Therapy (DBT), Wellness Recovery Action Plan (WRAP), and Substance Abuse, as well as Veterans' Group.
- Activity Groups including pet therapy, art therapy, arts and crafts, music, low impact exercise, laughing Yoga, sensory integration, community outings, gardening, and flower arranging.
- Spiritual Guidance through Church Service and Bible Study.
- Ongoing Individual counseling.
- Individualized activity programs for bedridden individuals.
- Restorative therapy to promote mental alertness as well as mobility.

- For non-English speaking individuals, care is facilitated by bilingual staff and charge nurse. The WRAP manual is available in Cantonese as well as Spanish. DBT Asian Focus is conducted in Cantonese as well as Mandarin by the Asian Resource specialist. Individualized translation cards are also available.

Special Populations Served:

Crestwood Manor Vallejo cares for individuals age 65 and over with physical, as well as mental health impairment. Population includes Cantonese and Spanish speaking individuals. Veterans and younger individuals affected by traumatic brain injury, non-ambulatory status, unstable gait, paralyzes, sight impairment, and others requiring total nursing support, are also served. Hospice services are provided for those individuals requiring end of life care.

Mechanisms to Meet Residents' Needs:

An Asian Resource Specialist, as well as Cantonese speaking staff, provide translation and individualized services that are culturally specific. Spanish speaking staff are available to meet the needs of our Hispanic individuals. A licensed Psychologist provides ongoing assessment and program activities to Veterans and other individuals affected by traumatic brain injury. Staff in-services are provided to promote appropriate understanding and management of the emotional and behavioral needs of these individuals. For residents requiring end of life services, a caring supportive environment is supported by Hospice Service Providers.

Entry, Transition, and Discharge Criteria:

Entry into the program is facilitated according to the individual's level of care requirements. Admission packets are reviewed by admissions nurse, as well as physicians and psychologist. Level of care needs also dictate an individual's transitioning to lower level of care, such as community assisted living or home. Discharges to higher levels of care such as a hospital, more intensive nursing facility, or acute psychiatric hospitalization, are also determined by the individual's level of care needs and specifications of their home county conservators/case managers, or bed committees.

Settings:

Crestwood Manor Vallejo's has an Activity Day Room, as well as an outdoor area for therapeutic groups, activities, and individual counseling, according to the individuals' Service Care Plans. Opportunities for community outings, including shopping are also provided.

Frequency of Services; Days and Hours of Services

Crestwood Manor Vallejo, provides a 7-day Special Treatment Program that runs from 8:00 am to 8:00 pm, with therapeutic and activity groups designed for a Geriatric population with a wide range of health and mental health challenges. Licensed Certified Nursing Assistants, as well as Licensed Vocational Nurses or Registered Nurses are on duty 24 hours a day. Physicians are available by phone 24 hours a day in addition to their regular facility service hours.

Referral Sources, Payer Services and Fees:

Referrals and payer services are provided by individual county mental health providers and VA contracts. Fees are provided by Veterans Administration, Medi-Cal coverage, and augmented fees/patches from the home counties.

Specific Services Included:

Services provided directly include:

- Primary Physician

- Psychiatrist,
- Psychologist,
- Licensed Vocational and Registered Nurses
- Certified Nursing Assistants
- Dietary and nutrition specialists
- Restorative therapy
- Low impact and sitting exercise program
- Group as well as individualized activity programming and skills groups.
- Activities are designed to meet the needs of a geriatric population affected by medical issues, as well as mental health issues.