



## **CRESTWOOD RECOVERY AND REHABILITATION CENTER, VALLEJO**

### **CORE PROGRAM**

#### **PROGRAM DESCRIPTION:**

Crestwood Recovery and Rehabilitation Center is a 60-bed Mental Health Rehabilitation Center licensed by California Department of Mental Health and accredited by CARF. We provide services to clients who have psychiatric disorders with a combination of alcohol, drug addiction and who have other behavioral needs and mental health needs as well as developmental disability.

The facility is on a 7-day program Monday thru Sunday. Milieu groups and activities are designed to meet the needs of the adult population ages 18-65 years old.

The program provides program/recreation staff and licensed staff support 24-hours a day, 7-days a week.

Referral sources and payers come from various contracted county mental health in varying levels of care, private pay, and Veterans' Administration.

The program also addresses the unique needs of Asian clients, VA recipients, forensic clients and county clients.

#### **PROGRAM PHILOSOPHY**

The mission of the program is to provide a largely self-initiated recovery process for our clients which is geared towards their needs, strengths and their own personal goals in a secured, structured, locked setting. The program encompasses recovery-based philosophies and principles on hope and self-determination; medication and treatment; empowerment; education and knowledge; self-help and support; spirituality; and employment/meaningful roles.

The staff believe that by empowering our clients, giving them support in making choices, they will be better served and reach their higher level of independence through skill building, support and will transition to meaningful and successful community living.

### **PROGRAM GOALS:**

1. Develop a treatment plan geared towards identified problems/needs and behavioral issues on admission and updated as needed.
2. Improve the quality of life and functional abilities of the clients.
3. Active collaboration, participation of the clients, stakeholders, family in all aspects of the program from the time of admission until discharged.

### **TOOLS UTILIZED BY THE PROGRAM**

1. Provide a psycho social, spiritual, diverse milieu that is consistent with the personal choices, needs, strength of the clients except for items contradicted by their individual treatment plans.
2. Provide training in community integration/activities through supported living skills, life skills for vocational success, pre-vocational training, in-house volunteer program, Dreamcatchers Empowerment Network, computer classes at the community college, and community activities/special events.
3. Provide Wellness Recovery Action Plan (WRAP), Dialectical Behavior Therapy (DBT) skills training, pathways to recovery and a diverse array of classes ranging from core recovery to art expression, independent living skills, and relapse prevention.
4. Provide access to on-site educational opportunities and representatives from numerous faith groups, AA, and NA allowing for spiritual growth.
5. Provide WRAP and DBT for Veterans, WRAP and DBT Asian focus and sexual awareness program to sex offenders in addition to above tools.
6. Men's' Group providing cognitive and behavioral psychotherapy by Licensed Psychologist.
7. Specific women's group for assertiveness, independent living skills, increase self-esteem, social skills and interpersonal relationships.
8. Dreamcatchers program for meaningful roles, to increase motivation, and empower the clients.
9. Different pass levels for community integration.

### **TRANSITION AND DISCHARGE:**

Transition and discharge from the program is addressed on admission in collaboration with the clients and County Mental Health/VA. Quarterly review with the counties/VA and clients are done to set forth program goals, review current needs, issues or concerns. Our main objective is to reduce the clients' symptoms, increase their abilities to manage their symptoms, no acute hospitalizations, develop their skills for the community, and transition to a lower level of care within 6-8 months.

### **CRITERIA FOR TRANSITION AND DISCHARGE ARE AS FOLLOWS:**

1. Gained insight to illness and ability to manage symptoms.

2. Compliance with medications.
3. Utilization of DBT skills.
4. Developed Wellness and Recovery Action Plan.
5. Ability to integrate in the community.
6. Ability to manage money.
7. Effective communication skills.
8. Developed health and wellness plan and relapse prevention plan.
9. Effective social skills and interpersonal relationships.