

## The Crestwood Selma Wellness Center

is a Mental Health Rehabilitation Center (MHRC) located in California's central valley community of Selma in Fresno County, an area that is known for its agriculture and small-town charm.

Crestwood's Selma Wellness Center offers innovative trauma-informed recovery services that are based on Crestwood's commitment to providing a continuum of care that puts the people we serve, with significant mental health issues, on the road to recovery.

Our 40- bed campus provides mental health services for individuals charged with a felony offense who are found Incompetent to Stand Trial (IST) under Penal Code §1370 and committed to the Department of State Hospitals (DSH) for competency restoration services. In our program, they are supported by a rich interdisciplinary staff trained in management of behaviors, as well as evidence-based practices.

We welcome the people we serve into our homelike, therapeutic, trauma-informed environment, where they participate in our many recovery services such as Dialectical Behavior Therapy (DBT) and Wellness Recovery Action Plan (WRAP), a self-help recovery treatment system designed to decrease symptoms, increase personal responsibility and improve quality of life. The people we serve also are encouraged to participate in our Dreamcatchers Empowerment Network pre-employment training. This training enables individuals to learn job skills and provides them with a sense of worth and meaningful roles.

Through our extensive recovery services, the people we serve are provided with wellness tools that will aid them in achieving their recovery goals, while providing them with a sense of purpose.

The Selma Wellness Center also offers an array of groups for persons served to join during their recovery and encourages active involvement in treatment planning from the moment of their admission.

## program



## Mental Health Rehabilitation Center

The Crestwood Selma Wellness Center provides psychosocial rehabilitation programs in secure, residential settings with a focus on brief lengths of stay. Our services support each of the people we serve to recover with an enhanced sense of resilience, accessing a wide range of wellness tools and staff support.

The mission of this program is to restore a sense of hope, empowerment, natural support inclusion, and realized potential in each individual, as well as psychiatric stabilization.



## special features

- › 24-hour nursing supervision and care
- › 24-hour psychiatric and mental health consultation
- › Staff trained in treatment of significant and long-term mental health issues
- › Integrated treatment planning process
- › Dialectical Behavior Therapy (DBT) – individual and team approach
- › Wellness Recovery Action Plan (WRAP)
- › Community Resiliency Model (CRM)
- › Certified Peer Providers
- › Dreamcatchers Empowerment Network’s vocational services as needed
- › Psycho-educational groups, individual counseling and support
- › Dual-recovery training and support
- › Motivational strategies to engage and continue engagement for this population
- › Care and education for medical complexities not requiring skilled nursing
- › Individualized recovery plans to achieve personal goals
- › A therapeutic, homelike, trauma-informed environment
- › Wellness and fitness support
- › Zumba
- › Heart-Healthy Diets
- › Nutritional education, counseling and support
- › Yoga, meditation and support for a spirituality path
- › Medication groups
- › Family support
- › Individual Counseling

## accreditation

Crestwood Behavioral Health Inc. is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), which provides international standards for rehabilitation organizations to follow that promotes the quality, value and optimal outcomes of services. Crestwood believes this accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation. The Crestwood Selma Wellness Center meets the CARF standards and will be formally accredited at Crestwood’s next CARF accreditation survey.



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Crestwood Behavioral Health, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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