

## special features

- › Nursing supervision and care.
- › 24-hour psychiatric and mental health consultation.
- › Staff trained in treatment of significant and long term mental health issues
- › Pharmacy Services.
- › Dietary Services.
- › Assisted personal care services.
- › Medication management and supervision.
- › Assistance with arrangement and transportation to all medical appointments.
- › DBT and WRAP concepts integrated into activities and games
- › Psycho-educational groups, individual counseling and support.
- › Independent Living skills training to promote quality of life.
- › Local religious community visits for spiritual support on a weekly basis.
- › Church services are held two Sundays a month at an offsite house of worship.
- › Resident Councils are held every Friday; residents are able to voice concerns on needs that they might have to staff.
- › Mindfulness, and walks to increase strength and balance (physically and mentally).
- › Holiday and Spiritual event celebrations.
- › Homelike activities such as cooking, baking, movie and pizza nights, cards and board games.
- › 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.
- › Medication groups.
- › Collaboration with family, conservators and medical professionals

## accreditation

Crestwood Vallejo is accredited by the Commission Accreditation of Rehabilitation Facilities (CARF). This accreditation requires a higher standard of care than the licensing standards in California. Crestwood believes this accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation.



### Crestwood Vallejo

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### Visit us online:

[crestwoodbehavioralhealth.com](http://crestwoodbehavioralhealth.com)  
[facebook.com/crestwoodbehavioralhealth](https://facebook.com/crestwoodbehavioralhealth)

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.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-873-6239.

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## Crestwood Vallejo





**Crestwood Behavioral Health's** programs in Vallejo are based on a commitment to providing mental health clients a continuum of care that puts them on the road to recovery. Crestwood Vallejo offers Dialectical Behavior Therapy (DBT). DBT is an evidence-based practice that assists clients in learning skills to help them to regulate their emotional responses to situations that occur in their lives that they may have previously responded to in a self-destructive or aggressive manner. Clients at Crestwood Vallejo participate in a largely self-initiated recovery process, directed by their individual Wellness Recovery Wrap Plans (WRAP). Clients progress through the structured levels of our program at their own pace, with

support every step of the way. We offer a diverse array of classes ranging from core recovery to creative arts, creative writing and independent living skills. We also offer peer groups such as Dual-Recovery Support, Laughter Yoga, Zumba, AA/NA, Special Men's Issues and Women's Issues group and DBT support groups. Clients have access to onsite educational opportunities and representatives from numerous faith groups visit our campus each week, allowing for spiritual growth.



**programs**



**Crestwood Recovery and Rehabilitation Center (MHRC)**

Crestwood Recovery and Rehabilitation Center supports each client 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, community/natural support inclusion, and realized potential in each client, as well as psychiatric stabilization.

At Crestwood Recovery and Rehabilitation Center community integration and dual-recovery are key tenets. Community reintegration is designed for those clients who need help developing some of the basic life skills that will assist them when returning to their communities. We accomplish this through classes, therapy, community service and peer mentorship. Many clients participate in our Dreamcatchers Empowerment Network pre-employment training. This training enables clients to become Dreamcatcher employees and helps provide them with meaningful roles and services to the community.



**Crestwood Hope Center (RCFE)**

Creating a warm, homelike program for the elderly is the goal of our Crestwood Hope Center, a Residential Care Facility for Elderly (RCFE). Crestwood Hope Center supports independence, while providing health and wellness programs, managing both physical and behavioral problems, and promoting quality of life and the highest potential of independence.

