

## special features

- › Psychiatric assessment conducted with Peer Providers involving families and natural support system.
- › Symptom Management.
- › Psychiatric intervention and medication management to provide the highest-level of stabilization and relief focused on self-administration.
- › Integrated dual-recovery service model.
- › Dreamcatchers Empowerment Network vocational support.
- › Peer-provided services, peer support, mentoring and advocacy education.
- › 24-hour supervision and support, with an on-call licensed clinician.
- › Individual therapy with a licensed clinician.
- › Dialectical Behavior Therapy – both individual and team approach.
- › Trauma-Informed Approaches integrated in all areas of services.
- › Wellness Recovery Action Plan daily groups.
- › Psycho-educational groups, individual counseling and support.
- › Independent living skills training daily groups.
- › Motivational strategies to engage and continue engagement for this population.
- › Linkage to community supports, daily support and integration outings.
- › Holistic Wellness support – nutrition counseling and fitness support.
- › Mindfulness, Yoga, meditation and support for a spirituality path.
- › Zumba.
- › Family support and education.
- › Transition planning to create and support movement as possible.
- › Recreation, leisure skills and outdoor activities are available in our large backyard.
- › A large wellness garden for our guests to participate in the growing of vegetables and flowers.

## accreditation

Crestwood Freise HOPE House 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.



### Crestwood Freise HOPE House

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## Crestwood Freise HOPE House



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 Behavioral Health Inc.** has been providing residential mental health recovery services in Bakersfield since 1998. Crestwood's Freise HOPE (Helping Others through Peer Empowerment) House is a short-term, voluntary, mental health Crisis Residential Treatment Program that welcomes our guests into a warm, homelike environment. Guests are provided with innovative programs that are based on Crestwood's commitment to providing a continuum of care that puts them on the road to recovery. Freise HOPE House guests participate in Dialectical Behavior Therapy (DBT), a

modified cognitive-behavioral treatment that is the only Evidence-Based Practice to prevent suicide. DBT assists guests in learning skills to help them regulate their emotional responses to situations that occur in their lives. Guests create and maintain a Wellness Recovery Action Plan (WRAP). WRAP is a self-help, recovery treatment system designed to decrease symptoms, increase personal responsibility and improve quality of life. Our guests also participate in our Dreamcatchers Empowerment Network program that provides them with pre-vocational job skills training.

## program



### Freise HOPE House Crisis Residential Treatment Program

Our Freise HOPE House supports each guest to recover with an enhanced sense of resilience, accessing a wide-range of wellness tools and staff support. We believe that the principles of wellness and recovery are an ongoing process and guests are active participants in that process. The clinical treatment team is comprised of people with lived experience, who are trained and certified peer providers, with a wide-array of clinical expertise. All of our staff members are committed to honoring the Crestwood recovery model, which is that everyone can heal and recover given the support, services and love that nurtures the spirit, while defining what recovery means to them and developing and honing strategies and skills to live the life that each individual desires.

