

## 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.
- › Individual therapy with a licensed clinician.
- › Integrated treatment planning process.
- › Dialectical Behavior Therapy (DBT) – individual and team approach.
- › Wellness Recovery Action Plan (WRAP).
- › Certified Peer Providers.
- › Dreamcatchers Empowerment Network’s vocational services as needed.
- › Psycho-educational groups, individual counseling and support.
- › Independent living skills training.
- › 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.
- › Linkage to community supports.
- › Individualized recovery plans to achieve personal goals.
- › Wellness and fitness support.
- › Heart Healthy Diets.
- › Nutritional education, counseling and support.
- › Yoga, meditation and support for a spirituality path.
- › Meditation groups.
- › Family support.
- › Discharge and transition planning to create and support movement as possible.

## accreditation

Crestwood Chula Vista is accredited by the Commission on 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.



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## Crestwood Chula Vista



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 Chula Vista** is a Mental Health Rehabilitation Center (MHRC) located in the beautiful seaside city of Chula Vista, just south of San Diego. The campus' innovative programs are based on Crestwood's commitment to providing mental health clients a continuum of care that puts them on the road to recovery. Crestwood Chula Vista's clients participate in Dialectical Behavior Therapy (DBT), and 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.

The campus also provides a versatile array of classes for clients to participate in during their recovery program, and encourages active participation in treatment planning from the moment of admission.



## program



Crestwood  
Chula Vista  
MHRC

Our services at Crestwood Chula Vista support 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 Chula Vista, 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.

