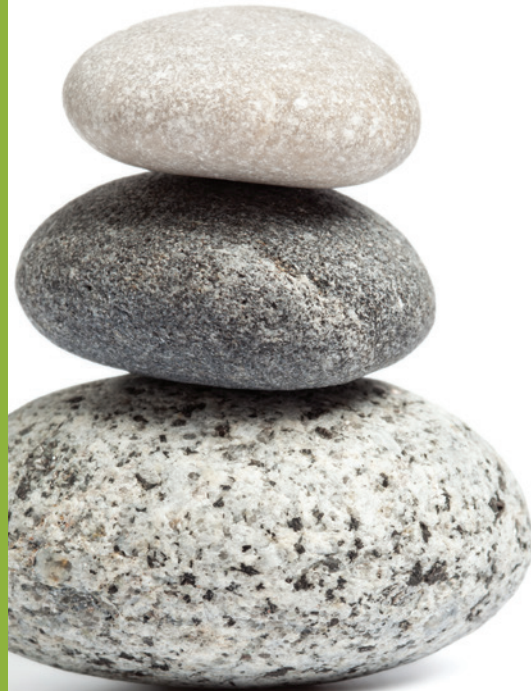


## special features

- › 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 Bakersfield 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.



### Crestwood Bakersfield

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### Visit us online:

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

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## Crestwood Bakersfield



**Crestwood Behavioral Health Inc.** has been providing residential mental health recovery services in Bakersfield since 1998. The Crestwood Behavioral Health Center, Bridge and Psychiatric Health Facility are innovative programs based on Crestwood's commitment to providing mental health clients a continuum of care that puts them on the road to recovery. All Crestwood Bakersfield clients, regardless of their area of focus, participate in the Wellness Recovery Action Plan (WRAP) treatment model, a self-help recovery system designed to decrease symptoms, increase personal responsibility and improve quality of life.



## programs



### Bakersfield Bridge Adult Residential Facility

The Bridge Program is designed for clients who are active in their recovery. The homelike atmosphere is inclusive of clients' family, friends and other supporters. A dynamic rehabilitative treatment program addresses the diverse needs of clients. Groups are co-created with clients to address cultural, spiritual, psychological, biological and social needs. The Bridge Program provides enhanced services to clients who require increased structure and life skills. The enhanced services are based on Crestwood's program design that was the first in California to be written by clients and approved by the Department of Mental Health.



### Psychiatric Health Facility (PHF)

Crestwood Bakersfield Psychiatric Health Facility (PHF) is dedicated to restoring a sense of hope, self-empowerment and realized potential of recovery in each of our clients. This program is designed for clients who require stabilization, medication management, behavioral interventions, psycho-therapy, psychosocial education and a transition plan to enable a successful return to their community.



### Crestwood Behavioral Health Center (MHRC)

At Crestwood Behavioral Health Center, a Mental Health Rehabilitation Center (MHRC), 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 a prevocational training program. We also offer an innovative and compassionate program, based on the 12-step principles, that is specially designed for individuals with a dual diagnosis of a mental health issue and drug or alcohol dependency.

