

## 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).
- › 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 support & resources.
- › Individualized recovery plans to achieve personal goals.
- › A therapeutic, homelike 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.
- › Discharge and transition planning to create and support movement as soon as possible.
- › 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. Crestwood Champion Healing Center meets the CARF standards and will be formally accredited at Crestwood's next CARF accreditation survey.



### Crestwood Champion Healing Center

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SANTA BARBARA COUNTY  
DEPARTMENT OF

**Behavioral Wellness**

A System of Care and Recovery

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 Champion Healing Center





## Crestwood Champion Healing Center

is a Mental Health Rehabilitation Center (MHRC) located in Santa Barbara County, in the beautiful Central Coast city of Lompoc, which is known as “The City of Arts and Flowers.”

The Champion Healing Center has innovative trauma-informed recovery programs that are based on Crestwood’s commitment to providing a continuum of care that puts clients with significant mental health issues on the road to recovery. The campus provides services with three distinct levels that focus on different needs, structures and supports. The first level, the Willows, is a program that focuses on stabilization and behavior management with trauma-informed approaches for those clients needing the most acute care. The second level is the Cypress and it offers a standard MHRC program, with a focus on recovery-based services, behavior self-management, supportive independent living skills, and self-advocacy. The third level is the Oaks and it is an intensive adult residential program that teaches clients independent living skills and gets them ready for return to their communities.

Champion Healing Center’s clients are welcomed into our homelike, therapeutic environment and participate in 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 campus also provides a versatile array of groups for clients to participate in during their recovery program and encourages active participation in treatment planning from the moment of admission.



## program



## Crestwood Champion Healing Center MHRC

Our services at Champion Healing Center 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 Champion Healing Center, community reintegration 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.

