

## special features

- › 24-hour support supervision.
- › Psychiatric and mental health consultation.
- › Staff trained in treatment of significant and long-term mental health issues.
- › Program consultation by 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.
- › Music, art, meditation and support for spirituality path.
- › Zumba wellness groups.
- › Family support and education
- › Discharge and transition planning to create and support movement as possible.
- › Life Skills
- › Money Management Skills

## accreditation

Crestwood Fresno Bridge 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.



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## Crestwood Fresno Bridge Program



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's Fresno Bridge Program** is a social rehabilitation facility, licensed by Community Care Licensing (CCL) with a Department of Mental Health certified Transitional Residential Treatment program. Clients of the Bridge Program are preparing themselves to transition back into their communities and to independent living. In partnership with staff, they develop and implement an individualized recovery-based plan that focuses on wellness in personal and community living. Our program also strongly believes in and encourages family support. Our family workshops have been very successful in helping clients develop a support system within their immediate family.

The Bridge Program philosophy is that every individual is the expert on themselves. The program focuses on the principle that wellness and recovery are an ongoing process and clients are active participants in this process. Since the program's inception, Fresno Bridge clients have made great strides in their recovery. Our unique supportive recovery model is based on Crestwood's Four Pillars of Recovery- Hope, Empowerment, Meaningful Roles and Spirituality. It is a process where clients empower themselves with the support of peers and staff; take control of their lives; and achieve a sense of independence. Working together with the staff, many clients take steps towards assimilating into the community, whether it is by continuing their education, developing skills for independent living, learning about volunteer opportunities or furthering their skills for potential job opportunities.

## programs



Crestwood  
Fresno 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 enhanced development of 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.

