

## special features

- › 24-hour nursing supervision and care.
- › 24-hour psychiatric and medical consultation
- › Trauma-informed staff that are passionate about recovery
- › A Heart-Healthy Diet that tastes great and incorporates fresh organic produce from the campus garden
- › Wellness Recovery Action Plan (WRAP)
- › Dialectical Behavior Therapy (DBT) offered via intensive individual program and as open skills groups
- › Dual-recovery training and support
- › Dreamcatchers Empowerment Network's vocational opportunities offered
- › Individualized recovery plans to achieve personal goals
- › Yoga, meditation, church, and support for a spirituality path.
- › Zumba
- › Discharge and transition planning to create and support movement as possible.
- › Crestwood Center at Napa Valley is a training site for area students pursuing various careers in the mental health field.

## accreditation

Crestwood Center at Napa Valley 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 Center At Napa Valley

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## Crestwood Center at Napa Valley



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 Center at Napa Valley is a Mental Health Rehabilitation Center**

located in Angwin, amidst the beautiful hills of the Napa Valley. The campus 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.

The campus exemplifies Crestwood's commitment to providing our mental health clients the kind of compassionate care that puts them on the road to recovery.

All clients at this campus, regardless of their treatment, focus on their specific program details, and are eligible to participate in the Wellness Recovery Action Plan (WRAP) program, a self-help recovery system designed to decrease symptoms, increase personal responsibility, and improve their quality of life. Classes at Crestwood Center include core recovery programs, music and art therapy, discussion groups, and spirituality groups.

Additionally, Crestwood Center at Napa Valley offers Dialectical Behavior Therapy (DBT), an evidence-based practice used to treat clients with Borderline Personality Disorder. DBT assists clients in learning skills to help them regulate their emotional responses to situations that occur in their lives that they may have previously responded to in a self-destructive or aggressive manner.

There is also a certified drug and alcohol counselor on-site and weekly Alcoholics Anonymous and Narcotics Anonymous meetings. As part of their treatment, clients at the campus participate in group outings, visiting some of the natural and cultural treasures unique to the region. Some Crestwood clients also volunteer in the community. Our Dreamcatchers Empowerment Network program provides a wide-variety of work experience opportunities for our clients.



**programs**



**Creatwood Center at Napa Valley MHRC**

Mental Health Rehabilitation Centers (MHRCs) provide psychosocial rehabilitation programs in secure, residential settings with a focus on brief lengths of stay. During their residency, clients participate in independent life skills training, behavior intervention, vocational and pre-vocational training, self-advocacy, peer counseling, case management and Crestwood's Wellness Recovery Action Plan program.

