

## 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).
- › Trauma-Informed Approaches,
- › 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.
- › Nutritional education, counseling and support.
- › Yoga, meditation and support for a spirituality path.
- › Zumba.
- › Peer support.
- › Dreamcatchers Empowerment Network vocational services as needed.
- › Medication groups.
- › Family support.
- › Discharge and transition planning to create and support movement as possible.

## accreditation

Crestwood Center San Jose 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 San Jose

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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.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-844-873-6239.

## Crestwood Center San Jose



## Crestwood Behavioral Health, Inc.

has been providing residential mental health recovery services in San Jose since 1971. Crestwood Center San Jose's Mental Health Rehabilitation Center (MHRC) and Psychiatric Health Facility (PHF) are innovative programs based on Crestwood's commitment to providing our clients a continuum of care that puts them on the road to recovery. Crestwood clients participate in Dialectical Behavior Therapy (DBT), and create and maintain a Wellness Recovery Action Plan (WRAP). Both programs provide a versatile array of classes, encouraging clients to play an active role in their treatment and recovery planning.

## programs



### Crestwood Center San Jose MHRC

Our services at Crestwood Center San Jose MHRC 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 Center San Jose, 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.



### Crestwood Center San Jose Psychiatric Health Facility

Crestwood Center San Jose's Psychiatric Health Facility (PHF) provides an alternative to traditional psychiatric care through collaboration, empowerment, a healing environment, peer providers, family partners, and a recovery oriented milieu. The PHF provides the structure and support needed to promote stabilization and foster recovery. This program serves clients who are experiencing a psychiatric crisis of such magnitude that it is unmanageable in the community. Our goals are to restore a sense of hope, self-empowerment and realized potential of recovery in each of our clients and to provide a transition plan to enable a successful return to their community.

