

The Crestwood Ponderosa

Healing House is a Mental Health Rehabilitation Center (MHRC) located in the Northern California Bay Area community of Redwood City in San Mateo County. The Crestwood Ponderosa Healing House is part of the San Mateo County Behavioral Health and Recovery Services' redesigned Cordilleras Health and Healing Campus. This campus consists of four independently operated, 16-bed MHRCs, each with a focus on providing specialized services to meet the different needs of individuals from San Mateo County with mental health issues. The Crestwood Ponderosa Healing House focuses on serving individuals who are medically complex with challenges such as hard to control diabetes, mobility issues and other conditions that require more nursing supports than a typical MHRC.

The Crestwood Ponderosa Healing House offers innovative trauma-informed recovery programs that are based on Crestwood's commitment to providing a continuum of care that puts the people we serve, with significant mental health issues, on the road to recovery.

We welcome the people we serve into our homelike, therapeutic environment, where they 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. Our program also provides a versatile array of groups for persons served to join in during their recovery and encourages active involvement in treatment planning from the moment of their admission.

program

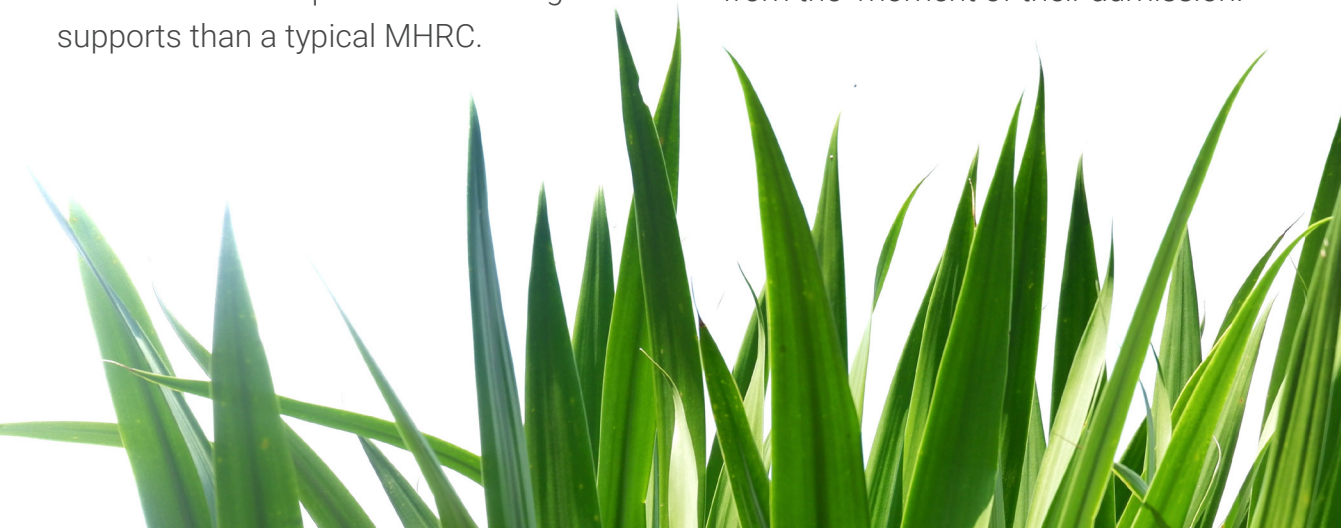
Our services at the Crestwood Ponderosa Healing House support each of the people we serve to recover with an enhanced sense of resilience, accessing a wide range of wellness tools and staff support.

The mission of this program is to restore a sense of hope, empowerment, community/natural support inclusion, and realized potential in each individual, as well as psychiatric stabilization.

Community reintegration and dual recovery are key tenets of the program. Community reintegration is designed for those persons served 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 of our persons served participate in our Dreamcatchers Empowerment Network pre-employment training. This training enables individuals to become Dreamcatcher employees and helps provide them with meaningful roles and services to the community.

The Crestwood Ponderosa Healing House is for San Mateo County residents who are:

- › 18 years or older
- › Medi-Cal eligible, unless otherwise approved by San Mateo County Behavioral Health and Recovery Services (BHRS Facilities Utilization Management)
- › On a Lanterman-Petris-Short (LPS) hold or Temporary Conservatorship or other legal hold or agree to voluntary placement.

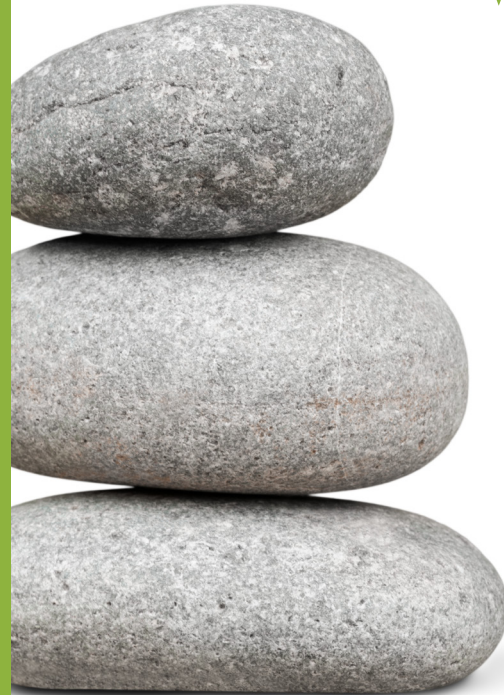


special features

- › 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, trauma-informed 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. The Crestwood Ponderosa Healing House meets the CARF standards and will be formally accredited at Crestwood’s next CARF accreditation survey.



Crestwood Ponderosa Healing House

280 Edmonds Road, Bldg B
Redwood City, CA 94062
650.479.9090

Crestwood Behavioral Health, Inc.

520 Capitol Mall, Suite 800
Sacramento, CA 95814
916.471.CBHI (2244)

Visit us online:

crestwoodbehavioralhealth.com
facebook.com/crestwoodbehavioralhealth



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 Ponderosa Healing House

