

## special features

- › Staff fully trained in Trauma-Informed Approaches.
- › Comprehensive Assessment.
- › Medication assessment, administration and management.
- › Wellness Recovery Action Plan (WRAP).
- › Dialectical Behavior Therapy (DBT) skills training.
- › Counseling from peers and trained staff.
- › Close observation and monitoring to determine need for further evaluation, hold or referrals.
- › Dual-recovery assessment, support, education and linkage.
- › Community services linkage and referrals for aftercare services.
- › Intensive discharge planning.
- › Cultural and linguistic competent services.
- › Spiritual support.
- › Yoga, meditation and relaxation education and support.
- › Creative arts resources and supports.
- › Nutritional training and individualized support.
- › Wellness counseling.
- › Natural daytime activities, television, newspapers.
- › A medical screening provided by nursing or mid-level staff to assess for a co-occurring medical/substance abuse condition and determine need for immediate medical care.
- › Active treatment and crisis intervention strategies to include utilization of a client's community support system as it relates to family members and peers.
- › Referral and linkage to treatment including medical and mental health treatment.



### **Crestwood Santa Barbara Crisis Stabilization Services**

305 Camino del Remedio  
Santa Barbara CA 93110  
805.465.8199

### **Crestwood Behavioral Health, Inc.**

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

### **Visit us online:**

[crestwoodbehavioralhealth.com](http://crestwoodbehavioralhealth.com)  
[facebook.com/crestwoodbehavioralhealth](https://facebook.com/crestwoodbehavioralhealth)

# **Crestwood Santa Barbara Crisis Stabilization Services**



**COUNTY OF SANTA BARBARA**  
BEHAVIORAL WELLNESS

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。

**Located in the beautiful central California coastal city of Santa Barbara,** Crestwood's Santa Barbara Crisis Stabilization Services (CSS) provides a safe and warm place to land for those who are experiencing a mental health crisis. This is their first step on their road to recovery.

The CSS is certified to serve 8 adult clients and is open 24-hours a day, 7-days a week and no appointment is necessary.

Clients are welcomed into our safe, calming and homelike environment, where they will receive compassionate recovery support from our diverse team of clinical staff who are trained in Trauma-Informed Approaches of care.

Our clients are provided with comprehensive mental health services and support for up to 23 hours. After which, they are referred to mental health services in the community that will best meet their needs, so that they may continue their recovery journey.

## programs



### Crisis Stabilization Services

Crestwood's Crisis Stabilization Services program is based in a recovery-focused environment where adults in crisis are welcomed into a calm, warm, compassionate environment so that they may be assessed and provided mental health stabilization services, medication evaluation, management and linkages to a wide-range of outpatient and inpatient mental health services.

Our compassionate and diverse clinical treatment team have been selected with a focus on lived experience and includes:

- › Peer Specialists
- › Licensed Clinicians
- › Psychiatrists
- › Nurse Practitioners
- › RNs, LVNs and LPTs
- › Service Coordinators
- › Recovery Coaches
- › Family Specialist

