

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).
- › 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.
- › Yoga, meditation and support for a spirituality path.
- › Meditation groups.
- › Family support.
- › Discharge and transition planning to create and support movement as possible.

accreditation

Crestwood Center Sacramento is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). This accreditation requires a higher standard of care than the licensing standards in California. Crestwood believes this accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation.



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Crestwood Center Sacramento



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 Behavioral Health Inc. has been providing residential mental health recovery services in Sacramento since 1975. Crestwood Center Sacramento's MHRC and its Psychiatric Health Facility, are innovative programs based on Crestwood's commitment to providing mental health clients a continuum of care that puts them on the road to recovery. Crestwood Center Sacramento's clients participate in Dialectical Behavior Therapy (DBT), and Wellness Recovery Action Plan (WRAP) treatment model, a self-help recovery system designed to decrease symptoms, increase personal responsibility, and improve the quality of life.



programs



Crestwood Center
Sacramento
MHRC

At Crestwood Center Sacramento's Mental Health Rehabilitation Center (MHRC), 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 with returning to their communities. We accomplish this through classes, therapy, community service and peer providers. Many clients participate in our prevocational training program through Dreamcatchers Empowerment Network. We also offer an innovative and compassionate program, that is specially designed for individuals with significant mental health issues.



Psychiatric
Health Facility
(PHF)

Crestwood Center Sacramento'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.

