

special features

- › Psychiatric assessment conducted with Peer Providers involving families and natural support system
- › Symptom Management
- › Psychiatric intervention and medication management to provide the highest level of stabilization and relief focused on self-administration
- › Integrated dual-recovery service model
- › Dreamcatchers Empowerment Network vocational support.
- › Peer-provided services, peer support, mentoring and advocacy education
- › 24-hour supervision and support, with an on-call licensed clinician
- › Individual therapy with a licensed clinician
- › Dialectical Behavior Therapy – both individual and team approach
- › Trauma-Informed Approaches integrated in all areas of services
- › Wellness Recovery Action Plan daily groups
- › Psycho-educational groups, individual counseling and support
- › Independent living skills training daily groups
- › A Therapeutic and Homelike Environment
- › Motivational strategies to engage and continue engagement for this population
- › Linkage to community supports, daily support and integration outings
- › Holistic Wellness support – nutrition counseling and fitness support
- › Mindfulness, Yoga, meditation and support for a spirituality path
- › Zumba.
- › Family support and education
- › Transition planning to create and support movement as possible
- › Recreation, leisure skills and outdoor activities are available in our large backyard

accreditation

Crestwood Santa Barbara Crisis Residential 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 Santa Barbara Crisis Residential

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Crestwood Santa Barbara Crisis Residential



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 seaside city of Santa Barbara, Crestwood's Santa Barbara Crisis Residential is a short-term, voluntary, mental health treatment program that welcomes our guests into a warm, homelike environment. Guests are provided with innovative programs that are based on Crestwood's commitment to providing a continuum of care that puts them on the road to recovery. Santa Barbara Crisis Residential guests participate in Dialectical Behavior Therapy (DBT), a modified cognitive-behavioral treatment that is the only Evidence-Based Practice to prevent suicide.

DBT assists guests in learning skills to help them regulate their emotional responses to situations that occur in their lives. Guests create and maintain a Wellness Recovery Action Plan (WRAP). WRAP is a self-help, recovery treatment system designed to decrease symptoms, increase personal responsibility and improve quality of life. Our guests also participate in our Dreamcatchers Empowerment Network program that provides them with pre-vocational job skills training.

programs



Crisis Residential Treatment Program

Our Santa Barbara Crisis Residential program supports each guest to recover with an enhanced sense of resilience, accessing a wide-range of wellness tools and staff support. We believe that the principles of wellness and recovery are an ongoing process and guests are active participants in that process. The clinical treatment team is comprised of people with lived experience, who are trained and certified peer providers, with a wide-array of clinical expertise. All of our staff members are committed to honoring the Crestwood recovery model, which is that everyone can heal and recover given the support, services and love that nurtures the spirit, while defining what recovery means to them and developing and honing strategies and skills to live the life that each individual desires.

