

special features

- › Recovery Program with group therapy daily
- › Dialectical Behavior Therapy (DBT)
- › Trauma-Informed Approaches
- › Homelike healing environment
- › Yoga/Zumba and other physical wellness programs
- › Meditation/Mindfulness programs
- › Psychiatrist/Medical Director/Chiropractor
- › Wellness Recovery Action Plans (WRAP)
- › Recreational Program
- › Pre-Vocational Services
- › Heart-Healthy menus/plant-based foods available
- › In house Dental, Eye, Podiatry, and Wound Care
- › Transportation services

commitment

Assisting people to find their own path of recovery and highest possible level of independence is our utmost priority and it is a process we find extremely rewarding. We are committed to providing an environment that inspires hope, dignity and respect to all of the persons we serve.



Crestwood Wellness & Recovery Center

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Crestwood Wellness & Recovery Center Redding



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 Wellness & Recovery

Center, Redding is a 99-bed Skilled Nursing Facility/Special Treatment (IMD) program that is located in beautiful Northern California and has successfully served clients for more than 31 years. Our program is a system of care which incorporates the concepts of wellness and recovery. We promote wellness across the spectrum of the human systems of physical, mental, spiritual, and social needs.

We offer a skilled, supportive, yet self-empowering platform. The structure inherent in all of our services is to provide meaningful, yet pragmatic life skills. The positive and hopeful milieu provides an anchor for that growth. We maintain a confident expectation that recovery at the level of the clients' potential will occur. Our guiding principles include facilitating recovery by a responsive approach to the individual's unique strengths and needs; recognizing, respecting and accommodating for differences—be they cultural, ethnic, religious, gender, socio-economic or sexual orientation; and ongoing leadership and clinical/support staff training to develop, enhance, and support the diverse talents of our staff.

programs



Skilled Nursing Facility/Special Treatment Program

At Crestwood Wellness & Recovery Center we provide for the holistic care of individuals while addressing their emotional and physical needs in a safe and secure setting. Services include skilled nursing care for clients requiring specific monitoring and treatment of acute and chronic medical conditions. Additionally, our medical team promotes physical wellness with standardized evidence-based health screenings.

Our client-centered approach to a recovery-focused therapeutic environment has resulted in developing important life skills for many with a mental illness that have this social deficit. Simple life skills often taken for granted are incorporated into our structured program from awakening to hour of sleep. The environment fosters self-advocacy and self-reliance with the use of supportive others. As clients move through the program toward discharge, a pre-vocational program is encouraged to assist in their development of workplace skills.

Individualized care is provided with the client's perceived needs, consultation with conservators, county mental health staff, family, and our comprehensive assessments. During the recovery process, clients have a personal service coordinator who helps them navigate through the treatment process. Group therapy is the focus of each day. Cognitive therapies, educational groups regarding illness and medications, self-care, and community living skills are integrated into a coordinated and graduated system of groups. The Wellness Recovery Action Plan (WRAP) model of recovery is implemented in a progressive manner as the client is ready to utilize and incorporate the principles into their life.

