



Crestwood Fresno Psychiatric Health Facility

CORE PROGRAM

The Crestwood Fresno Psychiatric Health Facility (PHF) is a 16-bed, co-ed stabilization program located on the Fresno County Department of Behavioral Health campus in the existing county building. The PHF provides a secure structured program for clients requiring 24-hour observation and stabilization by a team of professional staff. The clients are 18 years of age or older and may be admitted on either a voluntary or involuntary basis.

The PHF is a healing environment where peer providers, family partners, and staff interact in a recovery-orientated milieu. The PHF staff provides structure and support needed to promote stabilization and foster recovery. The philosophy of the PHF is to restore a sense of hope, self-empowerment and realized potential of recovery in each of the clients.

The PHF is a personal and self-directed process built on hope, empowerment, meaningful roles, and spirituality. Staff services are instrumental in advocating for each individual's transition to the most independent level of services and support possible, including peer support, and wellness and recovery programs. The PHF enforces a safe environment that encourages clients to be active throughout the day, engaging in various groups, programs and activities. Group activities are provided that allow clients to interact with one another. Wellness Recovery Action Plan (WRAP) and Dialectical Behavior Therapy (DBT) skills are provided throughout our groups. Clients are encouraged to engage in groups.

Core Program Goals

The following are some of the primary goals of the Fresno PHF:

- 1) Enable clients to regain a state of wellness that will assist them in continuing their journey of recovery in the community.
- 2) Initiate the utilization of DBT in the treatment program and continue to encourage the utilization of wellness and recovery tools, including but not limited to WRAP.
- 3) Provide beneficial discharge planning and linkage to support services with the client's community.
- 4) Provide positive modeling to our stakeholders and promote positive family and peer systems.

- 5) Expand the peer support specialist program where the PHF will utilize clients that have completed the peer support training.
- 6) Medication prescribing and monitoring.
- 7) Supportive counseling.
- 8) Treatment Planning.
- 9) Coordination of services with Outpatient Services for aftercare as needed.

Objectives:

- 1) Reduction of psychiatric symptoms.
- 2) Improvement in adaptive behaviors.
- 3) Reduction and management of medications.
- 4) Reduction of addictive behaviors and management of addictions.
- 5) Client-directed vocational and prevocational placements.
- 6) Recidivism.
- 7) Client, family and other stakeholder satisfaction.
- 8) Consideration of trauma history.
- 9) Community WRAP.
- 10) DBT Skills.
- 11) Activities/Games.
- 12) Outdoor Activities.

Transition and Discharge Criteria:

The PHF will, upon admission, identify each client's program goals. These goals will be used to help plan the client's specific program goals and discharge plans. Clients will have their strengths identified, as well as their areas of deficits and will collaborate with their Service Coordinator to set up their individualized Rehabilitation Service Plan and their scheduled groups. Clients and Service Coordinators will use current and past challenges and successes to personalize their plans. Family, friends, and stakeholders are encouraged to collaborate in the client's program goals. Aftercare services are designed for a client discharged from the PHF for the purpose of successful integration into the community, to live as independently as possible.

The discharge services include, but are not limited to:

- 1) Preparation for home placement.
- 2) Community linkage referrals.
- 3) Medication stability levels within therapeutic change.
- 4) No longer a danger to self or others.

The Fresno PHF will take a collaborative approach and apply treatment strategies to reduce re-admission of clients with a history of frequent admissions to the facility.