

special features

- › 24-hour nursing supervision and care
- › 24-hour psychiatric and mental health consultation
- › Staff trained in treatment of chemical dependence and 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)
- › Psycho-educational groups, individual counseling and support
- › Independent living skills training
- › Motivational strategies to engage and continue engagement for this population
- › Therapeutic, homelike environment
- › 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
- › Zumba
- › Heart-Healthy Diets
- › Nutritional education, counseling and support
- › Yoga, meditation and support for a spirituality path
- › Certified Peer Providers
- › Dreamcatchers Empowerment Network vocational services as needed
- › Medication groups
- › Family support
- › Discharge and transition planning to create and support movement as possible

accreditation

Crestwood Behavioral Health Inc. 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. The Crestwood San Luis Obispo County PHF meets the CARF standards and will be formally accredited at Crestwood's next CARF accreditation survey.



Crestwood San Luis Obispo County Psychiatric Health Facility

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Crestwood San Luis Obispo County Psychiatric Health Facility



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。

The **Crestwood San Luis Obispo County Psychiatric Health Facility** (PHF) is located in the heart of California's beautiful Central Coast, an area known for its mild Mediterranean weather, along with historic architecture and a charming downtown area.

In partnership with the County of San Luis Obispo Behavioral Health, the Crestwood San Luis Obispo County PHF is an innovative program that is based on Crestwood's commitment to providing a continuum of care for our persons served that puts them on the road to recovery.

We welcome our persons served into a homelike, soothing, and therapeutic environment, where they participate in Dialectical Behavior Therapy (DBT) and Wellness Recovery Action Plan (WRAP), a self-help recovery treatment system designed to decrease symptoms, increase personal responsibility, and improve their quality of life.

program



Crestwood
San Luis Obispo
County Psychiatric
Health Facility

Crestwood San Luis Obispo County PHF provides an alternative to traditional psychiatric care through collaboration, empowerment, a healing environment, peer providers, family partners, and a recovery-oriented milieu. Our PHF program provides the structure and support needed to promote stabilization and foster recovery. Our goals are to restore a sense of hope, self-empowerment and realized potential of recovery in each of our persons served and to provide a transition plan to enable a successful return to their community.

