

Rehabilitation Program Services

We recognize a variety of individual needs and preferences. Services are provided by our treatment team which include professionals specializing in Psychiatry, Nursing, Family Therapy, WRAP, Recreational Therapy, DBT and Medicine.

Services include but are not limited to:

- Community Resources & Living Skills
- Medication Education
- Anger Management & Conflict Resolution
- Daily Self-Care Skills
- Personal Empowerment
- Peer Support and Self-Help
- Assertiveness Skills
- Cultural Sensitivity, including Vietnamese & Hispanic Focus Groups
- Family Therapy & Educational Support Groups
- Dual Recovery (Substance Abuse)
- Crisis Prevention and Intervention
- Leisure / Recreational Activities
- Pre-Vocational Skills Training
- Individual and Group Counseling
- Health & Sex Education
- Diabetes Education & Support
- Time Management and Productivity Skills

Patrick Farley MHR
Program Director

Crestwood Center
1425 Fruitdale Avenue
San Jose, CA 95128

Crestwood Center

Mental Health Rehabilitation



Specializing in the care and treatment of adult clients with serious mental health issues since 1971.

Program Philosophy

Crestwood Center in San Jose, is committed to providing a client-centered approach as a part of an innovative process for rehabilitation and recovery. Our program focuses on motivating and empowering individuals to be an active participant in the development of *their* personal life goals and plans. We provide a safe and supportive structured environment that assists each individual in achieving a more independent, productive and satisfying life style.

Each client's rehabilitation program is individualized. We recognize personal strengths and skills and build upon them. We achieve results by establishing a partnership or therapeutic working alliance between the client, their family, friends, county officials and community agencies.

Crestwood helps people learn and refine desired skills through a variety of specialized programs such as WRAP, DBT, and recovery infused services. The emphasis is on encouraging clients to identify their own goals and to develop a personal support system. We help to facilitate a self-help style of learning that is empowering. By understanding this focus and process, we are able to provide educational opportunities in a way that is meaningful. This engenders a sense of hope for the future, which is an essential component of rehabilitation and recovery.

Additional Services

Nursing Services: Under the leadership of Robert Hayes, RNC, Director of Nursing Services, licensed nursing care is provided twenty-four hours per day. Our team of licensed nursing staff includes Registered Nurses, Licensed Vocational Nurses, and Licensed Psychiatric Technicians. We offer services for medical conditions including diabetes, pregnancy, and compromised immunity. For employment opportunities in the Nursing Department, please contact Jess Valenzuela, PT, Assistant Director of Nursing Services and Quality Assurance Coordinator.

Physician Services: All clients receive evaluation and treatment by a Licensed Psychiatrist. Each client is also evaluated and treated by a physician who specializes in medical / physical needs. Specialized medical needs are provided by linking clients with community resources.

Pharmacy Services: Licensed pharmacy services are provide through the county of Santa Clara. This also includes the provision of client, family and staff medication education.

Dietary Services: We are able to provide for the client's individual nutritional needs, including offering medically necessary therapeutic diets as ordered. Special nutritional concerns of the psychiatric client are addressed.



Cindy Robins, OTR/L
(Administrator)

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Business Office FAX:
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Admission Coordinator:
Lynn Rubin, PT

Family Therapist:
Jim Nissen, LMFT

Dual Recovery Specialist:
Steve Turner, MSW

Activity Director
Orawin Bennett CTRS

Discharge/Community Resource
Coordinator
Marianne Ferido