



## TREATMENT

*Our program takes pride in emphasizing wellness and recovery.*

To promote stability and a high quality of life, we encourage residents to take an active responsibility in their treatment.

Treatment goals are generated by both the resident and program staff, and are short-term and strength-based. We teach self-management skills and help residents develop strategies for dealing with psychiatric symptoms that lead to crisis. We offer workshops, interactive discussions, and other activities to help achieve these goals.

## PSYCHIATRIC SERVICES

Residents of the Crisis Residential and Recovery Center are encouraged to receive psychiatric services from their preferred medical provider. At the request of a resident, staff can schedule an appointment with Shasta County Mental Health, Alcohol and Drug when one becomes available, and if open to services.

## PROGRAM ACTIVITIES

### Daily Groups

To help residents meet and maintain their goals, our program offers a variety of daily groups. Among other things, these groups teach residents how to plan for mental wellness and recovery, live independently, adjust to change, problem solve, be assertive and re-enter a community.

### Social Activities

Some of our social and recreational activities include:

- Table games
- Group walks
- Movies
- Arts and crafts
- Writing/correspondence
- Community outings
- Reading

### Other Resources

- Residents can make and receive personal phone calls from the facility
- Residents may access religious services within the community

## VISITATION GUIDELINES

*In the interest of safety, we ask that visitors follow the guidelines below:*

- Sign in at the Service Center
- Observe visiting hours (unless other arrangements have been made with administrator or program director)
- Check with case manager for diet restrictions before bringing food or beverages to a resident
- Eat or dispose of your personal food before leaving the facility
- Do not smoke inside the facility (designated smoking areas are available outside)
- If you would like privacy during your visit, please contact us in advance so we can accommodate your needs
- Minors must be accompanied by an adult
- Keep all personal items (such as purses, backpacks, wallets, medication, pocket knives, lighters, glass and sharp objects) in your vehicle or at the Service Center
- Visitors must sign a confidentiality agreement and respect the privacy of each resident
- Persons who have no purpose in the facility, disrupt operation, or pose a threat to others will be asked to leave

## FAMILY INVOLVEMENT

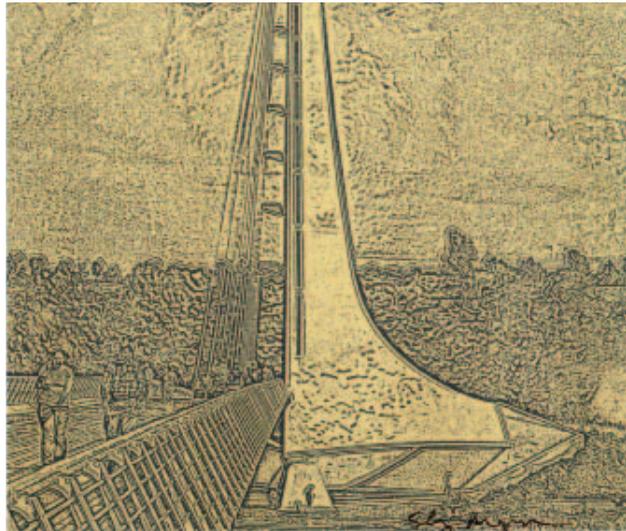
*Families are often a rich source of information, and have access to the medical, social and psychiatric history of our residents.*

Family members can help us understand the resident's strengths, talents, likes, dislikes and special needs. This information helps us get to know our residents more quickly and gain a special understanding of each person.

While we highly value this input, we must remember that releasing information is the personal choice of each resident. He or she must sign a release of information form before these discussions take place.



SHASTA COUNTY  
**CRISIS  
RESIDENTIAL  
& RECOVERY  
CENTER**



SHASTA COUNTY HEALTH AND  
HUMAN SERVICES AGENCY  
Mental Health, Alcohol and Drug  
Services

## WHO ARE WE?

The Crisis Residential and Recovery Center is a program that provides people with mental illness with local support following a mental health crisis. It is a voluntary program that helps with stabilization, prevention of future crisis and the development of a plan for the future.

## OUR PHILOSOPHY

*Quality of life is the intangible element in social rehabilitation, and it is the greatest priority.*

From progressive treatment programs and comfortable living areas, to a caring staff that is able to provide the level of care that each of us expects for our loved ones, we are committed to providing the quality of life that brings dignity and self-respect to our residents.

## HOW TO ACCESS

The Crisis Residential and Recovery Center can be accessed through a referral process by Shasta County Mental Health, Alcohol and Drug outpatient services, or another provider. Monday-Friday, 8 am to 5 pm

## CONTACT INFORMATION

### Crisis Residential & Recovery Center

2640 Breslauer Way  
Redding, CA 96001  
Phone: (530) 225-5972  
Fax: (530) 225-5941

### Shasta County Mental Health, Alcohol and Drug Services

2640 Breslauer Way  
Redding, CA 96001  
Phone: (530) 225-5200  
Toll Free: (888) 385-5201  
CA Relay Service: Toll Free 711



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SHASTA COUNTY HEALTH AND HUMAN SERVICES AGENCY  
Mental Health, Alcohol and Drug Services  
[www.shastahhsa.net](http://www.shastahhsa.net)  
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