

## THINKING ABOUT CRT? HERE'S WHAT CLIENTS SHOULD KNOW

**Crisis Residential Treatment (CRT)** programs serve adults (ages 18 and over) living with serious mental health conditions who are experiencing a crisis. Programs are staffed 24-7.

**Program Length** usually 2 weeks

**What to Expect** Shared housing, communal living space and therapeutic activities with up to 16 peers. Meals and snacks are provided. You will be assigned to a shared bedroom (usually) and you will share bathroom facilities. Linens, hygiene products, and laundry are provided.

You will be expected to meet with staff daily, participate in program activities, and complete chores. Visitors are allowed during visitation hours only and must be scheduled with staff in advance. No overnight guests or pets are allowed.

Substance use (including alcohol and cannabis) is not allowed. Clients may smoke cigarettes in designated areas. Clients have limited access to local shopping, with staff escort, for purchasing snacks, cigarettes, and other items.

You are expected to stay on site at the facility for the duration of the program. If you have to leave the program for medical care, you will be excused for needed treatment.

**Daily Program:** Residents attend daily activities including meals, therapeutic and rehabilitation groups, and recreation. Program staff check in and meet with clients daily. Staff provide reminders for hygiene and medication when needed.

- Regular appointments with a psychiatric prescriber
- Regular meetings with CRT mental health clinician.
- Linkages to outpatient behavioral health providers, if available

**Case Management:** Participants are connected to outpatient programs as available (may include case management teams, medication management clinics, substance use treatment, and/or psychotherapy). If clients have outpatient case management, then the case management teams are asked to connect with them while they are at the CRT program to assist with planning for housing and ongoing care.

### **SPECIFIC CRT INFO**

Please be aware that at **Jay Mahler Recovery Center**, cigarette breaks are scheduled and occur 4 times a day; clients can smoke up to 2 cigarettes each break.

**Alameda County Crisis Residential Treatment Programs**

<b>CRT Name &amp; Location</b>	<b>Photo</b>
<p><b>Amber House</b> Oakland, CA</p>	
<p><b>Jay Mahler Recovery Center</b> San Leandro, CA</p>	
<p><b>Woodroe Place</b> Hayward, CA</p>	