



Redwood Place

Serving Individuals with Developmental Disabilities
with their Mental Health Needs

Where it's Located

Redwood Place
18949 Redwood Road
Castro Valley, CA 94546

Telecare Corporate
Office Contact:
Cliff Morrison
Administrator
(510) 881-1606
(510) 881-1506 (fax)

Admission Criteria on Back

If you have questions
or potential referrals,
please contact your
supervisor.



TELECARE
CORPORATION

Telecare Corporation
We exist to help people
with serious mental
illness realize their
full potential

Redwood Place is a 37-bed mental health rehabilitation center providing services to individuals with developmental disabilities who also have mental health needs. Redwood Place strives to provide clients with the skills they need to attain the goals they choose. In this environment, clients begin a learning process that helps them make effective choices, reduce the amount of harm in their lives and increase their personal strengths.

The Vision for Redwood Place:

Redwood Place is an environment that supports clients with developmental disabilities and mental illnesses in recovering their lives. People learn how to make effective choices to reclaim their own power, hopes and dreams. People are treated with dignity and interactions enhance, rather than diminish, personal power. People leave Redwood Place with a sense of self, and the strengths and skills to lead meaningful and contributing lives.

Theoretical Foundation:

Recovery

- Recovery is the awakening of hopes and dreams. The recovery process involves gaining the knowledge to reclaim one's power and achieve one's desires by learning to make choices that bring strength rather than harm. Recovery involves living a meaningful life with the capacity to love and be loved.
- Programs with a recovery-focus are based on the consuming belief that individuals with these disorders can recover their hope, roles, personal power, losses, sense of self, and their lives.
- Approach: Recovery-centered programs are designed to utilize the program's structure and processes to maximally support individual's recovery.

Power

- The "disability" assumed to be the result of either diagnosis significantly exceeds that attributable to the diagnosis. The disability has become greater due to shame, missed opportunities, loss of hope and acceptance of chronically low expectations.
- Clients are people living without personal power as a result of two major forces: 1) cultural (stigma, diminished opportunities, poverty, segregation); and 2) iatrogenic (our treatment systems continue to reinforce power thefts and power cons, culture of control, acceptance of disability).
- Approach: The program uses structure and processes to enhance client's discovery of their personal power. The program uses this awareness to allow client's to learn effective choice making.

Spirituality

- Getting spiritual needs met is the cornerstone of recovery. Spiritual needs include the need to love and be loved, to experience a power greater than oneself and to have meaning and purpose in our lives.
- Approach: Spiritual awareness is integrated into all aspects of interaction with clients, including recovery plan for all areas.

Cultural Awareness

- A person's culture is the sum of the values governing their life choices. Effective motivation requires an awareness of a person's cultural values.
- Approach: Staff have knowledge and tools to understand a client's cultural values and use them in dialogues, plans and interactions.

The program embraces the recovery philosophy at all levels instead of focusing primarily on symptom and behavior management. Recovery is woven into and defines every aspect of the program, from assessments and dialogues to interventions and client information systems to the selection of staff, and the overall client experience.



The Client Experience at Redwood Place:

- I have personal responsibility for my recovery process.
- I am treated with respect and given choices.
- I know that no decisions about me are made without me.
- I actively participate in the initial dialogues with staff assessing what helps me look at my life in ways I may not have before.
- I develop my life goals and, with staff help, my goals for my stay at Redwood Place as a part of my Recovery Plan.
- I develop my own plan for when I'm upset.
- I participate in all processes around developing my medication plan.
- I am allowed to make suggestions and have an impact on program changes including additions, eliminations, etc.
- I am able to share my story the way I want.
- I am able to share my cultural background and look at the ways my cultural values have affected my beliefs and actions around my illness.
- I am able to voice my feelings about my spiritual feelings, beliefs and needs.
- I can involve my family in my recovery process if I want.

- I can participate in documenting my journey on a daily basis.
- I have the opportunity to participate in a wide range of counseling, rehabilitation and skill-building classes.
- I experience Redwood Place as a learning environment and am aware that staff members are in a learning process as well.
- I feel hopeful about my future and my ability to achieve my goals.

The Client Environment:

- The building is open and light with plenty of space.
- It is aesthetically pleasing.
- I have space to be quiet and have privacy.
- I have my own room or private space in my room and can make my space the way I want it to be.
- The nurses' station and staff areas are open, fluid with the environment, and are a small percentage of the space.
- The staff are out in the common areas and easily accessible.
- I can get snacks and meals served in an attractive, tasteful manner.

Admission Criteria

- All individuals have a mental illness.
- All individuals must be assessed as needing a 24-hour residential treatment setting.
- Individuals must be assessed by the program as being able to cognitively benefit from the rehabilitation and recovery services (an arbitrary I.Q. cut off will not be dictated as the results of testing vary from period to period and throughout the client record, and reliability of testing may not be adequate).
- Individuals must be 18 years of age or older. Individuals over 60 years of age will be assessed to determine if the treatment program is best suited for their needs.

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These criteria are guidelines. All individuals referred for services will be screened and assessed to determine whether their needs can be adequately met at Redwood Place. The following criteria may exclude some individuals from services at Redwood Place: primary diagnosis of organic mental disorders or substance abuse; primary presenting problems resulting from drug or alcohol abuse or who require drug and alcohol detoxification (medically supervised detoxification needed); serious medical problems requiring more than an outpatient level of medical intervention; individuals without sufficient verbal skills to be able to adequately benefit from these services and who require a different and unique set of interventions, and individuals who have been convicted of a sexual offense.



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Donna Porter,
Senior Project
Administrator
(510) 337-7950
(510) 337-7969 (fax)

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