

## MISSION

*"To eliminate the impact of behavioral health problems for all people"*

## THE ANKA WAY

### CARING

- We focus on providing integrated care and person-centered planning
- We use home-like facilities
- We promote recovery and resiliency in a positive environment

### DEPENDABLE

- We have been in business for nearly 40 years
- We serve over 16,000 consumers annually
- We use evidence based best practices
- Our programs are financially self-sustaining

### PROFESSIONAL

- We are CARF accredited
- We offer cutting-edge employee training programs
- We provide award-winning programs and services
- We offer rigorous Quality Management and Electronic Health Records Systems

This program is operated through a partnership between:



## Anka-Ventura CRT

### Crisis Residential Treatment (CRT) Facility

#### Corporate Office:

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## CRT PROGRAM MODEL

The Anka-Ventura Crisis Residential Treatment (CRT) is a short-term program for adults experiencing psychiatric symptoms or a behavioral health crisis. As an alternative to hospitalization, the CRT model provides intensive mental health and behavioral supports in a home-like setting. Treatment and services are aimed at the stabilization of psychiatric symptoms and community reintegration.

## ELIGIBILITY

To be eligible for CRT services, an individual must meet the following criteria:

- Between 18-59 years of age
- Experiencing difficulties with psychiatric symptoms or behavioral crises
- May also have dually diagnosed substance abuse disorders
- Be a willing and active participant in a wellness and recovery plan

## TREATMENT & SERVICES

At the Anka-Ventura CRT individuals are assisted in reducing their symptoms and increasing their functional living skills through a structured intensive program. Services focus on transitioning individuals into lower levels of care and independence in the community.

CRT treatment and services include:

- Short-term Treatment – 7-10 days
- Structured Programming/Life Skills Support
- Medication Management
- Relapse Prevention & Coping Skills Training
- Support System Identification and Engagement
- Peer Support & Community Reintegration
- Discharge Planning Support
- Group and Individual Psychotherapy
- Group Activities & Outings
- Substance Abuse Prevention Services

## THERAPY GROUPS & ACTIVITIES

- Cognitive Behavioral Therapy
- Cognitive Multi-Therapy
- Co-Occurring Disorders
- Dialectical Behavior Therapy
- Medication Education
- Life Skills
- Positive Psychology
- Psycho Education
- Wellness and Empowerment in Life and Living (RICA-WELL)
- Wellness Recovery Action Plan (RICA-WRAP)
- Social and Relaxation Skills
- Socialization and Outings
- Therapeutic Games



## Additional Information

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