Redwood Place is a Mental health Rehabilitation Center (MHRC). We serve adult residents (age 18+) of Golden Gate Regional Center and Regional Center of the East Bay, who have been diagnosed with a severe mental illness and a developmental disability.

As a longer-term residential facility, Redwood Place provides individualized recovery planning, support with daily living activities, crisis intervention, family and social relationship development and medical assistance for all of our residents.

Our residents have typically been served by long-term stays in state development centers, or have repeatedly cycled through acute hospitals and clinical settings, various housing options, or the criminal justice system. We provide an environment in a voluntary setting where residents have increased control, responsibility, and choice, supporting their ability to build relationships and reintegrate into the community.

Treatment is based on the belief that all people have the potential to rehabilitate and make choices that support their hopes and dreams, regardless of their history. Our innovative clinical approach — the Recovery-Centered Clinical System (RCCS) — is a comprehensive, holistic and richly personal approach to recovery. Our model also incorporates evidence-based practices such as Cognitive and Dialectical Behavioral Therapy, the strengths model, harm reduction, and motivational interviewing.

WHAT MAKES US DIFFERENT
Residents are usually coping with multiple challenges including fear, worry, repetitive actions, paranoia, lack of trust, anger, aggression, sexual abuse, and harmful sexual behaviors. These individuals have typically been served by long-term stays in state developmental centers, or have experienced repeated cycling through acute hospitals, crisis homes, and the criminal justice system — none of which are fully equipped to meet the complexity of their needs.

As a result, residents may have also experienced trauma from cycling through inappropriate treatment settings, which can compound existing disabilities. Lacking wraparound services, individuals are frequently in and out of acute care, and have difficulty staying in group or board-and-care homes.
SERVICES
All services are person-centered with the goal of enhancing an individual’s safety, health and quality of life. Services include, but are not limited to:

- Collaborative treatment planning with a recovery focus
- Comprehensive evaluation and risk assessment
- Symptom management skills training
- Crisis planning and prevention
- Supportive counseling (group and individual)
- 24-hour nursing, 7 days a week
- Medication administration, education, and training
- Independent living skills training
- Dietary consultation
- Psychosocial assessments

ADMISSION CRITERIA
We serve Regional Center adult residents who have a severe mental illness and co-occurring developmental disability, who require 24-hour residential treatment. They must be assessed as being able to cognitively benefit from the program, and consent to be treated at Redwood Place.

We cannot accept individuals who:

- Have a primary diagnosis of organic mental disorder or substance abuse
- Have complex medical problems that cannot be treated on an outpatient basis
- Are convicted sexual offenders
- Are on a criminal justice hold

REFERRAL PROCESS
Residents are referred through contracted California Regional Centers. We accept referrals 24 hours a day, 7 days a week through our main number at 510.881.1606.

CONTACTING A FAMILY MEMBER
The involvement of family members is a very important aspect of recovery. Redwood Place recognizes the central importance of families to the residents we serve, as well as the challenges and pressures they face in supporting a loved one. We strive to provide support in strengthening our residents’ family relationships and extended support systems.

Per HIPAA (Health Insurance Portability and Accountability Act) guidelines, staff members cannot release any client information without a signed authorization.

JUST THE BASICS
Beds: 15
Population Served: Regional Center clients (adults age 18+) with a psychiatric diagnosis and a developmental disability.
Funded by: Regional Center of the East Bay and Golden Gate Regional Center, plus individuals’ insurance.