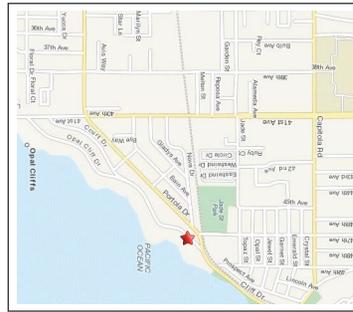


## Opal Cliff Residential Center



- Opal Cliff is an adult residential care facility dedicated to helping clients achieve stability, recovery and independence.
- We provide dedicated care programs to adults dealing with a wide variety of mental and physical challenges.
- Our philosophy of wellness is based on the belief that mental and physical health go hand in hand.
- We build personalized plans for each client that encompass a variety of mental health support services, medication management, behavioral support and social programs.
- Our nutritional team provides clients with satisfying and healthy nutrition — and even consults them in menu planning.
- Our highly-trained and devoted therapeutic staff offer a level of care and attention that identifies and prevents potential problems before they occur and which supports residents as they advance on the road to recovery.
- Our comfortable residence is close to the attractions of Capitola and the Santa Cruz coastline. It allows residents to enjoy the natural wonders of a world-renowned region and to integrate into the wider community.
- As part of the Front St. Inc. group, we have a proven record of successful mental health support services for over 25 years.

(831) 464-8694 Office  
(831) 464-2641 Facsimile  
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Opal Cliff Residential Center  
4785 Opal Cliff Drive  
Capitola, CA 95062

OCL lic. #445202178

# Opal Cliff

WE CARE.



*An adult residential facility  
focused on recovery and  
whole body wellness  
through individualized care  
and attention.*



[www.frontst.com](http://www.frontst.com)

## Our Community

## Our Services

## Our Successes

Opal Cliff is a small facility serving only 15 people at a time, where every resident feels at home.

*“The food is excellent and everyone works hard to make me feel welcome. I love to walk down in the village and sit on the benches next to the ocean, it calms me.” – J.C.*

We go the extra mile to build trust with our clients, making them feel at ease at our center and creating a solid personal foundation for their recovery.

Opal Cliff was extensively updated in 2009. It offers residents spacious companion or private rooms, welcoming living areas, comfortable therapeutic facilities, and relaxing gardens.



### Hand in Hand

Residents of Opal Cliff enjoy a healthy and delicious nutritional program that is a cornerstone of our Complete Wellness approach. By

participating in Menu Planning, residents learn the basics of a healthy diet and ensure they have their preferred dishes.

A daily program of social, cultural and artistic activities further enhances the Opal Cliff experience.



The Opal Cliff program is designed to allow residents to develop important life skills as they ready themselves for further independence.

Opal Cliff's Holistic Wellness approach offers a complete package of resources to aid recovery:

- ▶ Psychiatric services
- ▶ Nursing supports – including monthly health clinics
- ▶ Behavior management plans
- ▶ Psycho-education groups
- ▶ Nutrition and menu planning
- ▶ Physical and cultural activities
- ▶ Self-management of medical conditions
- ▶ Coordinated care

In addition, staff encourage residents to develop Wellness Recovery Action Plans (WRAPs) upon admission and help residents identify personal goals for healthy lifestyles based on their individual strengths and needs.

### Recovery Skills

Our medication support staff are trained to recognize the symptoms and side effects of the medications they administer. Where appropriate, the Independent Medication Program teaches residents to manage their own medications which helps prepare them for more independent living.

Opal Cliff's success in aiding the recovery of its residents is based on recruiting the best personnel and offering a high staff to client ratio. Opal Cliff has been chosen as a model facility by UCSC to train the next generation of specialized care professionals.

Opal Cliff has a fantastic track record in helping residents turn their lives around.

- ▶ At the end of 2008, 40% of residents were involved in volunteer work or employment activities.
- ▶ Dozens of transition-aged youth who completed the Opal Cliff program moved on to independent living.
- ▶ Many residents succeed in losing weight, quitting tobacco and improving fitness.
- ▶ Opal Cliff graduates often return to join staff and clients for meals, parties etc, providing positive role models for current residents.

*“I love my Coordinator, she is a hard worker and truly cares about me and my wellbeing.” – R.A.*

