

# CROSSROADS RESIDENTIAL CARE PROGRAM



Nestled in a quiet Kitsilano neighbourhood, Crossroads provides a safe, home-style environment for young adults aged 19 to 39 who are living with mental illness and working toward independence. Established in 1981 and extensively renovated in 1993, this licensed residential care facility offers 24/7 support, medication assistance, and access to health services through Vancouver Coastal Health.

Residents play a key role in all aspects of programming through participation in house committees, evening groups, and life skill development. Each resident works closely with the team and community partners to identify and attain their individual recovery goals.

## Supports & Services

- **24-hour staffing** and assistance with daily living (personal care, medication, mobility)
- **Nutritious, home-style meals** served in a communal dining space
- **Recreation and wellness programs** to promote creativity, movement, and emotional health
- **Housekeeping and laundry services** for comfort and cleanliness
- **Individualized care planning** tailored to each resident's goals
- **Cultural and social events** that celebrate diversity and build community



## Recovery Model

Crossroads uses a **Psychosocial Rehabilitation approach** and the **Recovery Assessment and Support Plan (RASP)** tool to identify strengths and guide growth. Staff encourage independence and self-reliance while providing a supportive environment.

Crossroads is a **time-limited program** focused on developing independent living skills. The goal is for residents to be ready for a more independent living situation within a two-year timeframe.

Clients may move to Supported Independent Living (SIL) with rent subsidy, supported housing, or independent living with mental health support.



## Our Philosophy

- **Recovery-Focused:** Services offered as part of the journey toward mental health
- **Client-Centered:** Goals and growth led by the resident
- **Psychosocial Rehabilitation:** Emphasizes self-efficacy, self-determination, and empowerment
- **Trauma-Informed:** Prioritizes safety, trust, and emotional regulation
- **Strength-Based:** Builds on individual strengths and identity
- **Culturally Relevant:** Incorporates residents' heritage and spiritual foundation

Please note that we are unable to place clients in our housing sites directly. Referrals to the Crossroads Residential Care Program are coordinated through Vancouver Coastal Health.

## About Coast Mental Health

With over 50 years of experience, Coast Mental Health is a leader in community-based mental health and supportive housing. We offer safe, stable homes and holistic supports, including life skills, employment, education, and social engagement. Coast's mission is to empower people living with mental illness to thrive, contribute, and feel included in their communities.



For more information about Crossroads, please contact us at  
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