

CRISIS STABILIZATION UNIT

Crisis Services,
Hotline and
Respite

(844) 493-TALK
24 hours a day
7 days a week

ASPEN
POINTE

FAQs

WHAT IS THE CSU?

The Crisis Stabilization Unit provides timely de-escalation, early intervention and patient stabilization to prevent the need for higher levels of care and is available for clients of all ages, regardless of ability to pay.

The CSU's crisis community living rooms provide a safe environment that facilitates relationships between staff and individuals to build support networks and connect them with community resources.

Respite is available for children and adults (including Substance Use and Dual Diagnosis) as clinically indicated. CSU Staff will connect patients to appropriate resources.

CSU patients have immediate access to licensed professional counselors, peer specialists and care coordinators and referral assistance for a broad range of other community services as needed.

WHAT IS THE AVERAGE LENGTH OF STAY?

The average length of stay is 3-5 hours. If additional care is needed, CSU staff can connect patients to appropriate resources within the community.

HOURS:

24 hours a day, 7 days a week.

WHO IS ELIGIBLE?

The CSU offers services for children, adolescents, adults and the elderly, through self-referral, family referrals, referrals by healthcare professionals and law enforcement.

WHAT IF THE INDIVIDUAL CANNOT DE-ESCALATE WHILE AT THE CSU?

The individual will be assessed by a mental health evaluator who will determine disposition of the case.



WHAT TYPES OF CRISES ARE APPROPRIATE FOR THE CSU?

- Thinking about ending your life or hurting others
- Need a break from a stressful situation
- Making choices that put you or a loved one in serious danger
- Becoming unable to care for yourself
- Struggling with addiction or substance use issues
- Family and interpersonal conflicts
- Work- or school-related crisis
- Breaks with reality

SERVICES MAY INCLUDE THE FOLLOWING:

- Mental health evaluation
- Skills coaching
- Biofeedback
- Education on psychiatric and addiction disorders
- Education on professional and self-help alternatives
- Referral for continuing care following crisis resolution
- Referral to other community services as needed

HOW DO THESE SERVICES HELP PEOPLE IN A MENTAL HEALTH CRISIS?

- Reduce symptoms and improve functioning through education and access to a continuum of care after discharge
- Return the person to the community as soon as possible and avoid further inpatient treatment whenever possible
- Support recovery and resilience through the use of peer specialists
- Promote the safety and emotional stability of individuals with mental illness or emotional crises
- Minimize further deterioration of individuals with mental illness or emotional crises
- Assist individuals in developing and/or enhancing better coping skills and a natural support system
- Help individuals with mental illness or emotional crises obtain ongoing care and treatment
- Encourage services in the least restrictive setting that is clinically appropriate to meet the individual's needs

COST:
***Available to anyone,
regardless of ability to pay.***

WHY DOES THE COMMUNITY NEED A CRISIS STABILIZATION UNIT?

Many people experiencing a crisis caused by an acute psychiatric or addiction disorder seek hospital emergency room care. Because persons with a psychiatric or addiction disorder may not show visible signs of injury or illness, they often suffer when competing for the attention of emergency room staff treating other critically ill patients.

Many people struggling with a mental illness can be treated in the center and returned to the community without the need for inpatient treatment. The more quickly someone receives treatment the less likely his or her condition will worsen.

Call 844-493-TALK (8255), 24 hours a day, 7 days a week
115 S. Parkside Dr., Colorado Springs, CO