



# MENTAL HEALTH CRISIS STABILIZATION UNIT

## PROVIDER REFERRAL PATHWAY

### WHAT YOU NEED TO KNOW TO HAVE PATIENTS ADMITTED TO ABHS PARKSIDE

The ABHS Crisis Stabilization Unit (CSU) is a 20-bed facility which offers short-term mental health treatment services designed to assess, diagnose, and treat individuals experiencing an acute crisis without the use of long-term hospitalization.

The CSU allows people to get stabilized mentally, emotionally, and/or behaviorally through a variety of interventions such as...

- Individual / Group Therapy
- Chemical Dependency Counselor
- Psychiatric Management
- Case Management
- Peer Counseling
- Collaboration w/ other services

Inpatient stays range from 23 hours to 14 days, with an average of approximately 5 days.

## CONTACT

ABHS PARKSIDE  
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Wenatchee, WA 98801  
Phone: (509) 300-1221  
Direct Clinical Admit: (509) 300-1220  
Parkside@abhsinc.net  
www.americanbehavioralhealth.net

## STEPS TO ADMISSION

1. Have a patient that meets inclusion criteria
2. Call direct clinical admit line
3. Ask for admit nurse
4. Provide details of concerns

If the patient is a good fit:

- Give patient an envelope with recent notes and current medication if possible
- Discuss transportation to Parkside

## INCLUSION CRITERIA

To be considered for an inpatient stay with the CSU patients must meet the following criteria:

- Be an Adult (18 or older)
- Deterioration of emotional and/ or behavioral functioning
- Be in a state of crisis
- Voluntarily agrees to receive help
- Agrees to follow rules (no smoking, no cell phones, etc.)
- Alcohol—PBT less than 0.15 & coherent
- Substance use—stable presentation and able to consent for treatment.
- No acute medical issues
- Non-violent
- Independent living skills (hygiene, ambulation)

## PRIOR TO DISCHARGE

Prior to discharge, the person develops an Individual Crisis Safety Plan and the CSU coordinates followup appointments with the local medical, mental, employment and housing service providers to work on next steps.

**The CSU will make every attempt to provide services for people in need. However, there are some people or situations for which a CSU is not the most appropriate place to receive help. If you are unsure if our CSU is a good fit or not, please contact us with any and all questions.**