

## Mental Health Crisis Stabilization Services: An Alternative to Emergency Department

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### State Definition

- California Title 9:
  - An unplanned, expedited service lasting less than 24 hours, to or on behalf of a client to address an urgent condition requiring immediate attention that cannot be adequately or safely addressed in a community setting. The goal of crisis stabilization is to avoid the need for inpatient services which, if the condition and symptoms are not treated, present an imminent threat to the client or others, or substantially increase the risk of the client becoming gravely disabled.

## Mental Health Services Provided

- Exodus Crisis Stabilization Programs work to prevent costly psychiatric inpatient hospitalizations. Services provided to accomplish this include, but are not limited to:
  - Services provided 24 hours a day, 7 days a week, 365 days a year
  - A welcoming environment where we assess the client's needs and provide crisis stabilization
  - Crisis stabilization services, including integrated services for co-occurring substance abuse disorders

## Mental Health Services Provided (cont'd)

- Up to 23-hours of immediate care and discharge linkage to community-based solutions, as well as referrals
- Medication for stabilization/medication management (walk-ins welcomed)
- Crisis counseling
- Psychiatric evaluations for 5150's and potential hospitalization
- During stay, access to nourishment, showers, washer and dryer, secure and safe place to rest / sleep

## Mental Health Services Provided (cont'd)

- Family ~ Consultation and Visitation
  - Exodus believes that family plays an important role in the wellness and recovery of patients.
  - Family is welcome in every Exodus program to provide support and encouragement to their loved ones
- Community Support Network and Linkage
  - Exodus works collaboratively with all community partners in and out of the facility.
  - Joining forces to ensure care continues after discharge
  - Working closely with local shelters for referral of those in crisis

## Crisis Stabilization Units Goal #1

- Decompress overcrowded Emergency Departments
  - Providing psychiatric patients with a more appropriate treatment option while making room in the EDs for more medically compromised individuals



## Crisis Stabilization Units Goals #2

- Decrease or eliminate unnecessary hospitalizations
  - Connecting patients with more affordable community resources
  - Decreasing costs to the overall mental health care system



## Crisis Stabilization Units Goal #3

- Provide a mental health friendly environment
  - Staffed with trained professionals desiring to provide services, treat and provide care for a highly vulnerable mentally ill population



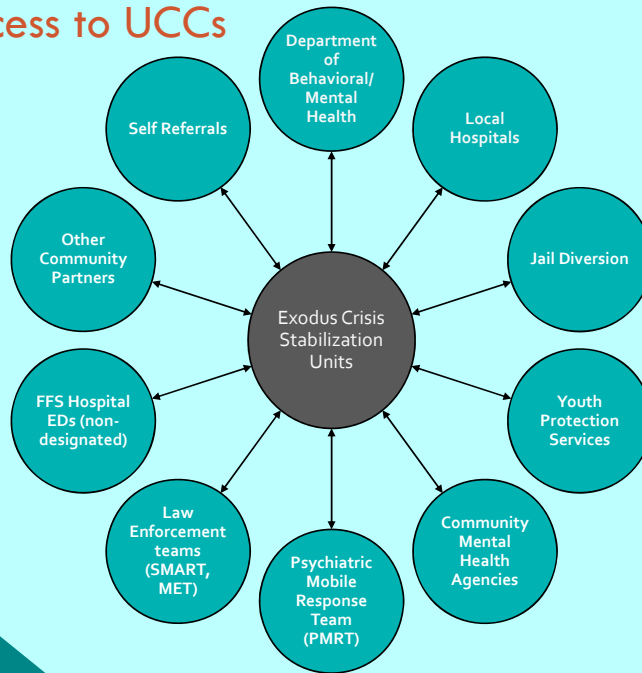
## Crisis Stabilization Staffing

□ Interdisciplinary treatment team consisting of :

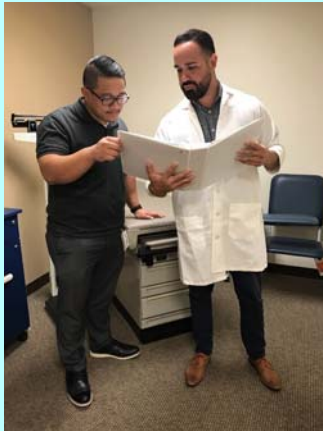
- Licensed Registered Nurse as the Program Director
- Registered Nurse on Duty 24/7
- Licensed Vocational Nurses 24/7
- Mental Health Specialists 24/7
- Social Services Coordinator for Community Linkage seven days a week
- MD/NP on site or available via Telepsych seven days a week



## Access to UCCs



## Partnership & Collaboration



- Exodus has worked collaboratively with other mental health organizations in an effort to build partnerships to provide quality care for clients served. This has been accomplished through:
  - Outreach and relationship building
  - Bi-monthly meetings and ongoing communication
  - Supportive connections
  - The public and private sector joining forces

## In Support of Hospitals

- Accepting medically cleared individuals from hospitals efficiently
- Accepting directly from Law Enforcement to avoid the ED altogether
- UCC literature provided to hospitals for patient distribution



The alternative





## Los Angeles Law Enforcement Partnerships

- Alhambra Police Department
- Arcadia Police Department
- Bell Gardens Police Department
- Bell Police Department
- Burbank Police Department
- California Highway Patrol
- Carson Sheriff Department
- Cerritos Sheriff Department
- LASD Century Station
- Compton Sheriff Department
- Culver City Police Department
- Downey Police Department
- El Monte Police Department
- El Segundo Police Department
- Gardena Police Department
- Hawthorne Police Department
- Hermosa Beach Police Department
- Huntington Park Police Department
- Inglewood Police Department
- Industry Sheriff Department
- Long Beach Police Department
- Los Angeles County Probation Department
- Los Angeles County Sheriff's Department
- Los Angeles Police Department
- Los Angeles School Police
- Manhattan Beach Police Department
- Marina Police Department
- MET - Southeast Region
- Met - Alhambra
- MET - Gardena
- MET - Long Beach
- MET - Los Angeles Sheriff Department
- Monrovia Police Department
- Montebello Police Department
- Monterey Park Police Department
- Norwalk Sheriff Department
- Palmdale Sheriff's Department
- Pasadena Police Department
- PET Team
- Pico Rivera Sheriff Department
- Pomona Police Department
- Redondo Beach Police Department
- San Gabriel Police Department
- Santa Monica Police Department
- SMART - LAPD
- South Gate Police Department
- Temple City Sheriff Department
- Torrance Police Department
- West Covina Police Department
- Whittier Police Department

## A peek at some of our Crisis Stabilization Units





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## Growth and Trends since 2006

- ❑ Adolescent Services
- ❑ Payor Mix
- ❑ Meeting the needs of mental health clients
- ❑ Meeting the needs of hospitals
- ❑ Meeting the needs of Law Enforcement and crisis teams
- ❑ Meeting the needs of the mental health community
- ❑ Acuity and Aggressive Behavior

