



We believe exceptional care means listening to you and offering guidance to support healing. One of the ways we put that belief into practice is to provide the resources you need during your short stay here, so that you leave here with additional supports in place.

WHAT IS THE CRISIS STABILIZATION UNIT?

The Crisis Stabilization Unit is an open living room setting with eight comfortable recliners. It is an integral part of our mental health care at Community Hospital. Our mission is to heal, comfort, and promote mental well-being. The purpose of the Crisis Stabilization Unit is to provide our patients with urgent psychiatric evaluation and treatment in a therapeutic environment conducive to wellness and recovery.

STAFF

During your stay, members of our nursing and social work teams will ensure your safety and well-being, and support you in creating a safe plan for returning home. A psychiatrist will also meet with you during your stay, either in person or via telemedicine. Our staff members will check on you regularly for safety and to provide support.

SCHEDULE

During your stay, we will maintain a general schedule of meals, health checks, and activities. Therapeutic activities are offered throughout the day. Nurses and social workers will lead activities ranging from education sessions to relaxation time and art. We have fidget and sensory tools, music, games, and aroma scents.

NUTRITION

There is an open kitchen area with snacks and drinks. You may enjoy available foods as you wish. Please help us maintain a clean kitchen. We also ask that items removed from the kitchen area not be returned. Certain items may be locked for client safety reasons. Ask a staff member for assistance.

RESTROOMS

There are private restrooms for your use, available any time. Per nurse discretion, a staff member may accompany you for your safety.

LAUNDRY

We have a washing machine and a dryer so you may have clean clothes during your stay. If you need clothing during the laundering period, we can provide you with temporary attire.

VISITATION POLICY

Visitation is by appointment only. If you have someone that you would like to be involved in your care, please let one of our staff

members know so we can coordinate a meeting to involve them in supporting your safe return home.

MILIEU

The "milieu" is the shared living room area where you can rest, recover, and participate in your treatment. You will be assigned a recliner upon admission.

SAFETY

Your safety is our top priority. Therefore, we ask that you limit restroom visits to reasonable amounts of time. In addition, staff will do routine safety checks, which may occur during private moments in the restroom or shower. We will keep these checks discrete and maintain your privacy as much as safely possible.

You will be allowed to keep your glasses, a soft-cover book, and one set of clothing. The rest of your belongings will be securely stored during your stay and returned to you when you leave.

Due to the shared nature of a milieu, we ask that you follow our guidelines for ensuring a safe environment. Please refrain from bringing in the following items to promote a calm, healing space:

- Alcohol, drugs, cigarettes, vaping equipment, or illegal substances
- Weapons, belts, shoelaces, scarves, any clothing with ties/strings
- Steel-toed boots
- Cans (aluminum, metal, or plastic)
- Cell phones and cameras
- Lighters and matches
- Headphones (with and without cords)
- Hats or headbands
- Sharp objects like scissors, knives, razor blades, metal nail files, sewing needles, safety pins, staples, etc.
- Pens and spiral-bound notebooks
- Bags/purses
- Glass or ceramic objects, such as picture frames
- Personal blankets, pillows, stuffed animals
- Hard-backed books
- Plastic bags or wrap (e.g., Saran Wrap)
- Jewelry
- Outside food and drinks
- Prescription medications
- Keys
- Any other items deemed hazardous by staff

Please do not hesitate to come to any staff with questions or concerns. We look forward to assisting you in your healing process.

Sincerely,
The Behavioral Health Services Crisis Stabilization Unit staff