

New admissions to the
Adult Crisis Stabilization Facility are
coordinated by North Central Health Care's

Crisis Center

1.800.799.0122

715.845.4326

North Central Health Care
1150 Lake View Drive
Wausau, WI 54403

No appointment necessary.

What is a Crisis?

A crisis is whatever an individual, family or group feels is a crisis at the time. Crisis situations can take many forms. Some situations may include:

- Feeling overwhelmed, depressed, helpless, hopeless or unable to cope with difficult situations in their life
- Talking about or attempting suicide
- Bullying or threats of violence
- Drug and/or alcohol abuse
- Eating disorders
- Difficulties at school or work
- Other mental health emergencies



North Central Health Care Adult Crisis Stabilization Facility

www.norcen.org/ACSF
1150 Lake View Dr., Wausau, WI 54403

Equal Opportunity in Service Delivery Policy

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identity, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

*We're here for you and
your family.*



North Central Health Care Adult Crisis Stabilization Facility



*You don't have to manage
crisis alone.*



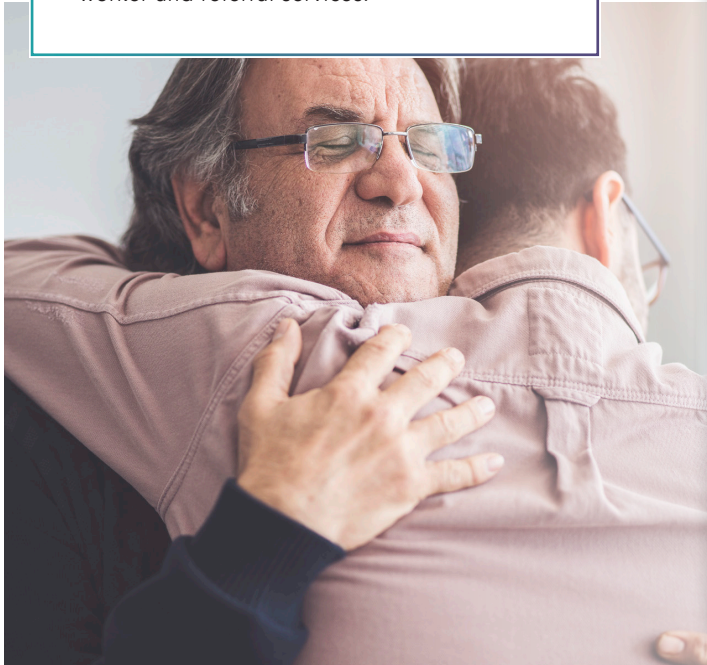
North Central Health Care

Adult Crisis Stabilization Facility

Where Healing Begins...

North Central Health Care's Adult Crisis Stabilization Facility is the first step in life-changing care and treatment for adults experiencing a mental health crisis. The program provides 24-hour care in a warm and welcoming setting. The Adult Crisis Stabilization program provides short-term, voluntary, therapeutic interventions to reduce and stabilize a person's crisis and link them to other resources and supports.

An individual's length of stay depends on their needs. Services are designed to be short-term, approximately 3-5 days and can include a variety of skill-building and psychoeducational groups, staff instructed activities, individual meetings with a case worker and referral services.



Admission & Discharge

Crisis Professionals assess each person's needs and determine eligibility for admission to the Adult Crisis Stabilization Facility. Payment for the stabilization services can be billed to the individual's insurance or based on ability to pay.

If the Adult Crisis Stabilization Facility is deemed appropriate and an individual wishes to stay, they will be welcomed and acclimated to the unit. Each adult and situation are treated uniquely based on individual circumstances.

Once settled in, individuals can start participating in programming supported by our Behavioral Health Professionals, a nurse, and peer specialist. Our professionals will work with each client to create a discharge plan that addresses safety and connects them to resources for ongoing treatment and support.

*Each person is **unique**,
and therefore so is their
care and treatment.*

Services

Adult Crisis Stabilization offers a variety of services to develop a personalized treatment and success plan for each individual's needs.

- Screening & Referral
- Assessment
- Treatment Planning
- Treatment Services
- Transportation
- Safety Planning
- Crisis Planning
- Care Coordination
- Discharge Planning



Programming & Activities

Adult Crisis Stabilization offers a variety of programming to support mental, emotional and physical well-being. Our multidisciplinary team schedules each individual daily for appropriate activities including the following:

- Psychoeducation
- Social Work Sessions
- Recreation Time
- Leisure Time
- Health & Wellness Groups
- Outdoor Time
- Mindfulness
- Goal Planning
- Life Skills

Individual Programming - The Adult Crisis Stabilization Facility's Social Worker meets with clients to discuss treatment, discharge, coping skills, community resources, and other individual needs. The Adult Crisis Stabilization Facility team works alongside each client to create treatment goals. Through this technique, individuals are supported in learning and acquiring new skills and ideas to help cope with crises as they may occur in the future.

Group Programming - Educational and skill building groups are offered throughout each day. In group, social interactions are used to examine mental health issues and learn new skills. Topics may include social skills, coping skills, healthy relationships, feelings, self-expression, substance and alcohol use, and other treatment related topics.