



PRIOR TO DISCHARGE

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

CSU Meeting Needs

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.

Some examples are:

- ⇒ Someone who needs a place to stay, but is not in acute psychiatric distress
- ⇒ Someone with medical issues that should be treated in a hospital
- ⇒ Someone who is addicted to alcohol and/or drugs that must be medically supervised when they stop using them
- ⇒ Someone who is physically aggressive and could injure others
- ⇒ Someone that is not safe on a voluntary unit that requires constant monitoring

What to Tell Patients...

1. Bring all current medications
2. Bring a small bag of essentials. We provide essentials as well.
3. We will provide facility clothing, so only a few clothing items are needed.
4. Cell phones are not allowed due to photography and video recording.
5. Kindles or other items for reading with a camera are not allowed
6. Bring books. The library also provides us books.
7. We provide alternatives to smoking.
8. We love animals and are unable to accept them. This includes service & comfort animals. We work with the Humane Society to provide shelter if family/friends are not an option.
9. No illicit substances/alcohol. It will be confiscated including marijuana.
10. No weapons of any kind.



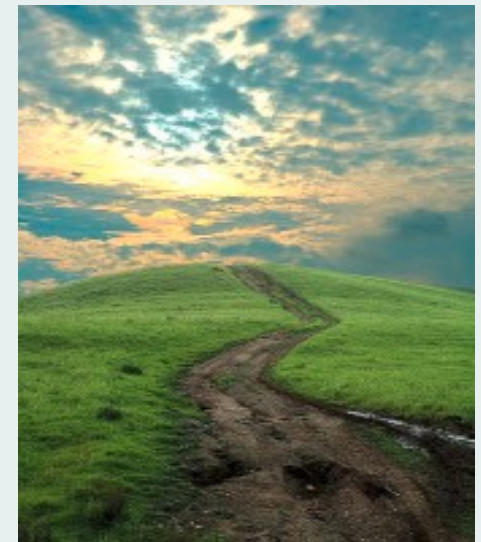
Supportive ♦ Welcoming ♦ Helpful



PARKSIDE

Mental Health Clinician Referral Pathway

**What you need to know to
have patients admitted to
ABHS Parkside**



**Compassionate Care, Close to
Home, Changing Lives**

The following are criteria that would keep someone from being admitted to Parkside

EXCLUSION CRITERIA

1. Juvenile
2. Not voluntarily agreeing
3. Imminently suicidal
4. Gravely disabled
5. Violent offender
6. Sexual offender—req. monitoring
7. Unable to manage ADL
8. Requires medical treatment
9. Restraining order against someone on the unit

CSU Services Offered

The CSU is designed to be a brief inpatient setting that allows people to get stabilized mentally, emotionally, and/or behaviorally through a variety of interventions such as ...

- Individual / Group Therapy
- Chemical Dependency Cnsl
- Psychiatric Management
- Case Management
- Peer Counseling
- Collaboration w/ other svcs

Inpatient stay from 23 hours or up to 14 days. The average stay is approximately 5 days.

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

INCLUSION CRITERIA

1. Adult (18 or older)
2. A bed is available
3. Deterioration of emotional and/or behavioral functioning
4. In a state of crisis
5. Voluntarily agrees to have help
6. Agrees to follow rules (no smoking, no cell phones, etc.)
7. Alcohol—PBT <0.15 & coherent
8. Substance use—stable presentation and able to consent for treatment. Will not withdraw.
9. Stable presentation
10. No acute medical issues
11. Non-violent
12. Independent living skills (hygiene, ambulation)
13. No significant monitoring of behavior

While important, homelessness is not considered a reason to admit someone to the CSU. Please ensure that patients referred have an identifiable & treatable issue.

**ABHS - PARKSIDE
1230 Monitor St.
Wenatchee, WA 98801
Main Line 509-300-1221**

“If you change the way you look at things, the things you look at change.”

Wayne Dyer

CSU Services Within First 24-Hrs of Admission:

- ◇ Initial Screener by Admission RN
- ◇ Medical Screening by RN
- ◇ Drug Toxicology Screening
- ◇ Lab work
- ◇ Mental Health Assessment
- ◇ Psychiatric Consultation
- ◇ Comprehensive Medical Evaluation

Services During the Remainder of CSU Stay:

- ◇ Crisis Counseling
- ◇ Substance Use Assessment
- ◇ Substance Counseling
- ◇ Individual, Grp, &/or Family Tx
- ◇ Individualized Case Management
- ◇ Family Education
- ◇ Medication Management
- ◇ Collaborative Safety Planning