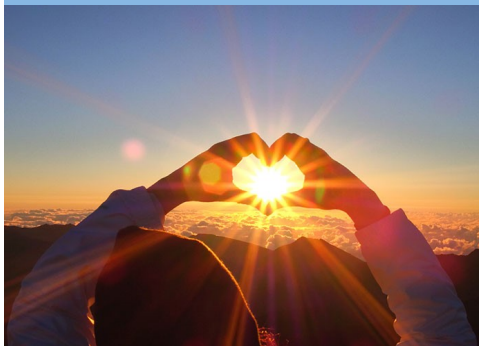


CSU is Not Able to Help in all Situations

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 for help.

Some examples are someone who ...

- * *needs a place to stay, but is not in acute psychiatric distress*
- * *has medical issues that should be treated in a hospital*
- * *is addicted to substances that must be medically supervised when stopping*
- * *is physically aggressive & could injure others*
- * *is not safe on a voluntary unit & requires constant monitoring*



What should you bring?

1. Bring all current medications (CPap, insulin, etc.)
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. Bring important medical/mental health records.

Facility Rules

1. No cell phones allowed due to photography and video recording.
2. Kindles or other items for reading with a camera are not allowed
3. Bring books. The library also provides us books.
4. We provide alternatives to smoking.
5. We love animals and are unable to accept them. This includes service animals/comfort animals. We partner with the Humane Society to provide shelter if family/friends are not able to
6. No illicit substances/alcohol. It will be confiscated including marijuana.
7. No weapons of any kind.

ABHS—Parkside Crisis Stabilization Unit

1230 Monitor St.
Wenatchee, WA 98801

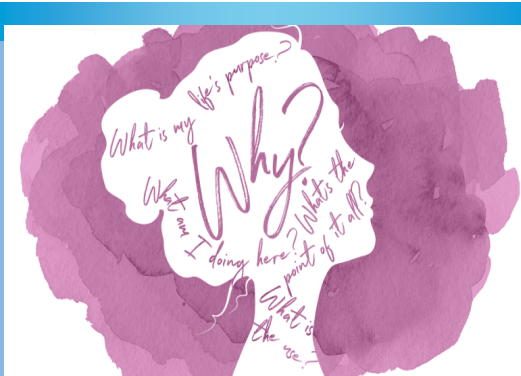
Main Phone: 509-300-1221
Fax: 509-663-4637
E-mail: Parkside@abhsinc.net
Crisis Line: 800-852-2923

Crisis Stabilization Unit



Are you
experiencing
a crisis?
We can help...

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



How do I get admitted?

- ◆ Referral from a doctor or behavioral health provider
- ◆ Referral from chemical dependency counselor
- ◆ Referral from Emergency Department
- ◆ Referral from Crisis Worker (DCR)
- ◆ Referral from Law Enforcement
- ◆ Referral from Ambulance Company
- ◆ Family can call to inquire or bring you in to be screened
- ◆ You can self-refer by calling or coming in 24-hours a day
 - ◆ You must pass the admission screening to be accepted

Purpose of CSU

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.

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

Inclusion Criteria

To be considered for an inpatient stay with the CSU you must meet the following (This is not an all inclusive list):

1. Adult (18 or older)
2. A bed is available
3. Deterioration of emotional, mental, and/or behavioral function that is different from baseline
4. In a state of crisis
5. Voluntarily agrees to have help
6. Agrees to follow facility rules
7. No acute medical issues
8. Non-violent
9. Independent living skills

Unfortunately, homelessness is not considered a reason to admit someone to the CSU. Please ensure there is an identifiable and treatable issue.

PARTICIPATE

Everyone admitted to the CSU is agreeing to invest in their wellness by participating. We will provide amazing staff, support, therapy & encouragement to assist in this goal.

Services

- Medical Screening
- Comprehensive Medical Evaluation
- Lab Work
- Toxicology Screening
- Mental Health Assessment
- Chemical Dependency Assessment
- Individual / Group Therapy
- Couples / Family Therapy
- Psychiatric Management
- Case Management
- Peer Counseling
- Wellness Activities
- Life Skills
- Collaboration With Other Services
- Education on a Variety of Topics



*Take a chance by choosing you.
Get help today.*