

## Inpatient Care Center

### Immediate Response and Care in Crisis

The Inpatient Care Center provides acute psychiatric and therapeutic care in a secured setting for adults experiencing a mental, emotional or behavioral episode or crisis.

#### What is a crisis?

A person in crisis often expresses symptoms that represent a significant change from how they usually function. The onset of a crisis may be sudden without warning or build slowly over a long period of time. In either instance, it can be an alarming, stressful, and confusing experience for the individual as well as their family, friends, caregivers or coworkers.

An emotional or behavioral crisis can be related to a traumatic event, mood and depressive disorders, anxiety and panic disorders, bipolar disorder, psychotic episodes, suicidal thoughts, or other mental or behavioral issues.

#### Three-Stage Crisis Intervention

Regardless of the cause, a person in crisis needs immediate and careful attention. Inpatient Care Center provides the support and treatment necessary through a Three-Stage Crisis Intervention process.

Assessment

Stabilization  
& Treatment

Discharge  
Planning

#### ■ Assessment

In the first step toward treatment and healing, a Crisis Team member conducts a prompt, confidential assessment to learn more about the person in crisis and to identify the problem.

#### ■ Stabilization & Treatment

During stabilization and treatment, a range of specialized care addresses the unique treatment needs of each individual. Our team of dedicated professionals comprised of board-certified physicians, psychologists, registered nurses, social workers, therapists and mental health technicians work together to develop an individualized treatment plan that includes:

- Careful monitoring of progress and stability
- Medication management
- Group therapy
- Experiential therapy
- Family sessions
- Goal setting
- 24-hour nursing care

#### ■ Discharge Planning

Following stabilization and treatment, individuals receive a discharge plan which specifies continued treatment and support of treatment goals on a less intensive level. This may include:

- Referral to therapeutic aftercare
- Support groups
- Medication management
- Follow-up with original referral source

The Inpatient Care Center provides compassionate and confidential stabilization and treatment for adults 18 years of age and older. We offer 24-hour care, 365 days per year. While the length of stay varies, we ensure that the appropriate level of attention and care is offered to every individual.

For more information about the Inpatient Care Center, please call **219.531.3500**.