



FACT SHEET

Crisis Stabilization Bed

The basics:

- The Crisis Stabilization Bed service is to assist individuals to remain in their community and divert unnecessary hospitalizations due to mental health issues.
- It is a brief reprieve (3 to 7 days) in a safe and secure environment. The location is staffed 24 hours/day by Mental Health Workers - non-clinical personnel specializing in mental health support in the community.
- Involvement is completely voluntary and is at no cost to the individual.
- The person must have a mental health disorder / illness - which can include Dual Diagnosis (mental illness with a developmental disorder) or Concurrent Disorder (mental illness with substance abuse).
- The individual referred must be 16 years of age or older, medically stable, and not a safety risk to themselves or others.
- The program works in partnership with CAST (Crisis Assessment and Support Team) of Haldimand and Norfolk – the 24 hour mental health crisis line.
- Referrals can be made - 24 hours a day, 7 days a week - by:
 - Contacting CMHA Haldimand-Norfolk Branch @ 1-888-750-7778 ext 301
 - Or by contacting CAST (Crisis Assessment and Support Team) @ 1-866-487-2278.
- Intakes are typically assessed Monday to Friday, 8:30am - 4:30pm; However, after-hour intakes may be possible for individuals known to CMHA and/or CAST.

The details:

- On-site and follow-up services include: Case Management support, effective referrals to other community services, relapse prevention planning, supportive counselling, and follow-up services
- The location is not a detention or security facility.
- The individual cannot be under the influence of alcohol or non-prescribed drugs at the time of referral or while involved with the program.
- The Crisis Stabilization Bed Program is not intended to replace the purpose of a community shelter or hostel – it is specifically for assisting the person by providing a stable environment while they focus on mental health recovery.
- The Crisis Stabilization Bed Program is not a bail Program; therefore it cannot replace or act the role of a surety.
- If an individual chooses to leave the residence, emergency services are only contacted by staff when there is a perceived risk to the person's health and safety and/or others in the community.
- The location is not a clinical or hospital setting – there is no physician or nursing support on-site.

If you have further questions regarding the Crisis Stabilization Bed Program, please contact us.