

# BEHAVIORAL HEALTH PATHWAY TO SERVICES

## MENTAL HEALTH CRISIS

When an individual experiences a mental health emergency or crisis situation, they can be assessed by the Crisis Assessment Team (CAT) staff who provides 24-hour mobile response services to anyone experiencing a mental health crisis. Crisis assessment services are also available at the Behavioral Health Services (BHS) Outpatient Clinics during business hours or at the Crisis Stabilization Unit (CSU) 24 hours per day.

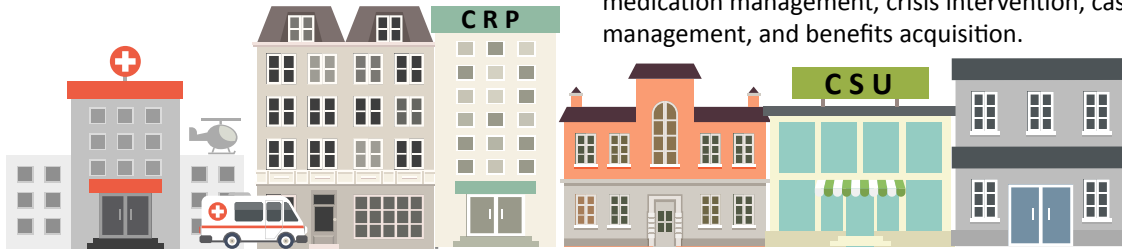


**Crisis Assessment Team (CAT)** provides crisis intervention and can initiate involuntary holds for hospitalization when needed. CAT staff are also assigned to ride along with law enforcement officer partners to address mental health-related calls in assigned cities. This program is known as the Psychiatric Emergency & Response Team (PERT). PERT teams may be called into service by CAT Dispatch as well as their assigned City's Dispatch.

**In a mental health emergency, call CAT (866) 830-6011 or 911.**

After assessment, the individual is referred to one of the following:

- 1 Crisis Stabilization Unit (CSU)** provides emergency psychiatric and crisis stabilization services that include crisis intervention, medication evaluation, consultation with significant others and outpatient providers, as well as linkage and/or referral to follow-up care and community resources.
- 2 Hospitalization** CAT/PERT staff facilitate evaluation and treatment at a psychiatric hospital.
- 3 Crisis Residential Programs (CRP)** are voluntary short-term programs for children, transitional age youth and adults who need additional support to avoid hospitalization. They provide stabilization and linkage to long-term support services.
- 4 BHS Outpatient Services** provides assessment, individual/group/family therapy, substance abuse/educational/support groups, medication management, crisis intervention, case management, and benefits acquisition.
- 5 Outreach & Engagement Services (O&E)** are offered to homeless individuals or those at-risk of homelessness of all ages with behavioral health conditions ranging from mild to moderate to severe and chronic mental illness. Staff frequents known gathering places for the homeless including food banks, shelters, and public areas such as parks and libraries to build trust and link them to behavioral health services and housing.



## BEHAVIORAL HEALTH SERVICES (BHS) OUTPATIENT SERVICES

After inpatient or stabilization services or outreach follow-up, outpatient services are available. These services are based on a participant's level of impairment.

- 1 BHS Outpatient Clinic Services**  
provides mental health or Substance Use Disorder services obtained through walk-in or appointment.
- 2 Full-Service Partnerships (FSP)**  
provides intensive outpatient and field based services with a focus on special populations such as individuals with a severe mental illness and/or co-occurring substance use issue who are homeless or involved with the criminal justice system.
- 3 Program for Assertive Community Treatment (PACT)**  
provides intensive outpatient and field-based services for individuals who have not been able to benefit from traditional outpatient programs.
- 4 Assisted Outpatient Treatment (AOT)**  
provides court-ordered treatment for individuals with severe mental illness who are resistant to obtaining treatment.

