

SIERRA MENTAL WELLNESS GROUP'S **CRISIS STABILIZATION UNIT**

The San Luis Obispo Crisis Stabilization Unit is open 24 hours a day, 7 days a week. As a short term, voluntary, residential care facility, the CSU provides immediate response to adults requiring acute crisis intervention. At the Crisis Stabilization Unit, a focus is placed on acute mental health crisis services with a strong intent to reduce acute psychiatric hospitalization. Services provided at the CSU will address problems and symptoms to reduce risk factors to both the client and the community.



WHO IS ELIGIBLE TO RECEIVE SERVICES AT THE CSU?



Potential clients will be at least 18 years of age, and can participate in CSU's Walk-in hours from 10:00 AM – 9:00 PM daily or through the Emergency Department where they will be evaluated by Sierra Mental Wellness Group for appropriate placement in the CSU. Please feel free to contact our office with any questions regarding client eligibility.



Services include: individual and family counseling, medication monitoring, life skills enhancement, and development of needed resources, personal goals, and follow-up service plans. The mission of Sierra Mental Wellness Group's Crisis Stabilization Unit is to provide professional and affordable crisis services in and around San Luis Obispo County.

WHO IS SIERRA MENTAL WELLNESS GROUP?

Sierra Mental Wellness Group (SMWG) is a private, not-for-profit California corporation chartered under section 501 © (3). We began as a grass roots effort to respond to community counseling needs in Roseville, CA in the late 1960's. Throughout the years, our agency has continued to grow and respond to community needs. Our services have developed and adapted as the population and complexity of our community increases. Our crisis services provide rapid response to psychiatric emergencies in Placer, Colusa, Nevada, and San Luis Obispo counties. We are proud to now have the opportunity to provide the San Luis Obispo community with the Crisis Stabilization Unit. Funding for the CSU is provided by the County of San Luis Obispo Behavioral Health Department, through the Mental Health Services Act.

SMWG CSU

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