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For Immediate Release

## **Crisis Stabilization Unit at Southwestern Behavioral Healthcare Marks One Year of Serving the Community**

(Evansville, IN – Monday, February 27, 2023) Southwestern Behavioral Healthcare’s (Southwestern) Crisis Services Team is celebrating the 1-year anniversary of our region’s first, and only, Crisis Stabilization Unit (CSU).

On March 1, 2022, the CSU began accepting individuals experiencing mental health crisis who did not require an inpatient hospitalization. This free service to our community provides crisis de-escalation, skills training, support, and safety/needs assessments with trained mental health professionals and peers with lived experience. The Crisis Team has been very effective in de-escalating crisis, avoiding unnecessary expensive interventions, while providing person centered services in a supportive safe setting. The CSU, coupled with a 24/7 crisis line (812-422-1100) and a mobile crisis response team, has led to a significant impact on our community’s mental health and use of resources.

The impact of Southwestern implementing a full crisis response system this past year has resulted in amazing successes! Southwestern Crisis Services Team assisted individuals experiencing a mental health crisis **4,287 times this past year**. Of those 4,287 crisis contacts, admission to the CSU was offered as a crisis intervention 433 times and 258 accepted that invitation, a 60% acceptance rate. These stays at the CSU can vary in time from a few hours to 15 hours. No matter how long the stay, the individual leaves with a safety plan and discharge plan for next steps. Following a crisis unit stay, individuals are connected with services including short and long-term housing, services at agencies across the area, food pantries and soup kitchens, and are often admitted into addiction residential treatment programs across the region.

Every individual is offered regular follow up with a peer with lived experience to assure that the individual has continued support and case management until mental health treatment has begun. Individuals do not need to be a client of Southwestern, and the service is free to the community due to the Department of Health and Human Services SAMHSA CCBHC grant.

Not only has this service provided crisis care to anyone, anywhere, anytime, but also has made a significant financial impact for our community by de-escalating crisis to the least restrictive level of care. By diverting emergency department visits and psychiatric inpatient admissions (which average a 4-day length of stay), the CSU has converted that emergency department and inpatient cost (mostly uninsured, Medicaid/HIP) to an **estimated savings of over \$1 million dollars!!**

(More)

## **Crisis Services 1-Year Anniversary Continued**

Crisis de-escalation and the CSU has also resulted in more desirable outcomes. **Of the 4,287 crisis contacts, only 12 contacts (0.3%) with the Crisis Team resulted in an arrest and placement in jail!** Diverting jail disposition saves our community unnecessary jail costs. It is unknown the volume of crisis contacts that would have resulted in being placed in jail if not for the CSU, but we know Southwestern's Crisis Services has avoided this disposition for some, resulting in more appropriate placement to address mental health concerns, and cost savings for our jail.

We invite the media to contact us for more information on this story through a one-on-one interview and tour of our Crisis Services Unit. **Interviews and tours are available on Tuesday, February 28.** Contact Becky Glines at 812.436.4221 or [glinesb@southwestern.org](mailto:glinesb@southwestern.org) directly to schedule your interview/tour.

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### **About Southwestern Behavioral Healthcare**

With over 240 employees, Southwestern Behavioral Healthcare operates in 13 locations in Gibson, Posey, Warrick and Vanderburgh counties. Our commitment, since 1971, is to provide a wide range of programs and services to meet the mental health and addiction needs of our communities. Our mission is simple, improving lives together through community, excellence and integrity.