

Crisis Stabilization Services (Treatment Plans)

Module 3, Chapter 3

The 2001 Mental Health Rehabilitation Act provides for funding of crisis stabilization services as well as crisis assessment and crisis intervention services. If, as a result of the crisis assessment and intervention, the mobile crisis team determines that the recipient requires mental health crisis stabilization services, the team arranges for the provision of these services either directly or through other resources.

Mental health crisis stabilization services are individualized mental health services that are provided to a recipient following crisis intervention services. These services are designed to provide the support and assistance needed to restore the recipient to his/her pre-crisis level of functioning.

Crisis Stabilization Services include:

- Face-to-face contact with the recipient by qualified staff
- Supportive counseling
- Further assessment of recipient's mental health status and needs
- Skills training
- Help with referrals
- Collaboration with other service providers as identified in the treatment plan.

These services may be provided in a recipient's home, the home of a family or friend of the recipient, another community setting, or a short term licensed residential program.

The provider of Crisis Stabilization Services, together with the recipient, develops a Crisis Stabilization Treatment Plan. To meet Medicaid guidelines, the plan must:

- Be developed by a mental health professional or mental health practitioner under the clinical supervision of a mental health professional.
- Be approved and signed by a mental health professional.
- Be completed within 24 hours of beginning services with the recipient.

The treatment plan must include:

1. A list of problems identified in the assessment.
2. A list of the recipient's strengths and resources.
3. Concrete, measurable short-term goals and tasks to be achieved, including timeframes for achievement.
4. Specific objectives directed toward the achievement of each one of the goals.
5. Documentation of the participants involved in the service planning. The recipient, if possible must be a participant. The recipient or the recipient's legal guardian must sign the service plan, or documentation must be provided why this was not possible. A copy of the plan must be given to the recipient and the recipient's legal guardian. The plan should include services arranged including specific providers where applicable.
6. Planned frequency and type of services initiated.
7. A crisis response action plan-if a crisis should occur.
8. Clear progress notes on outcome of goals.

There are many different styles of plans; examples can be found in the reference section.