



CLIENTS' PACKING LIST

- Current medications in original containers
- Clothing for 3 days - without drawstrings
- Shoes (without laces), slippers, or flip-flops

Optional items, including:

- Make-up (without alcohol or mirror)
- Book and notebook (without spiral wire)
- Photos (unframed)
- Coat
- Blanket
- Toiletries - without alcohol - such as soap, shampoo, deodorant, toothbrush and toothpaste

*I really appreciate having such a valuable resource.
When I refer people to CSU, I know I'm providing a
solution to their immediate need.*

~ Counselor, Community Service Board

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www.rbha.org

RBH RICHMOND
BEHAVIORAL
HEALTH

CRISIS STABILIZATION UNIT

The first step on the road to recovery.

TREATMENT
FOR
INDIVIDUALS
IN CRISIS

SAFETY,
STRUCTURE
& SUPPORT



CONTACT US

Admissions
804-343-7691

Clinical Office
804-343-7669

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BEHAVIORAL HEALTH
AUTHORITY

Introducing the CRISIS STABILIZATION UNIT (CSU)

CSU is a 16-bed, residential treatment program for adults experiencing a mental health or substance use crisis. CSU is staffed by an interdisciplinary team that includes psychiatric providers, nurses, medical doctors, behavioral health clinicians, peer specialists, and mental health technicians.

The program accepts voluntary and involuntary admissions, but individuals must be referred by their local Region 4 community services board.

Admissions are accepted 24/7. Individuals typically stay an average of 5-7 days or until treatment goals are met.

I almost lost it, but then I came here. They take care of you and help you go forward.

~ Recent CSU Client

CSU Benefits the Community

CSU serves the region by providing a safe environment and evidence-based treatment modalities for adults experiencing a mental health crisis. Referrals come from community service boards of Richmond, Henrico, Hanover, Goochland/Powhatan, Chesterfield, Crossroads, and D19.

These referrals allow the CSU to benefit the community by:

- **Helping to avoid inpatient hospitalizations**
- **Increasing access to recovery services**
- **Coordinating mental health, substance use, and medical services**
- **Assisting with integration back into the community**

CSU Helps People in Crisis

To help people through a crisis, CSU:

- Facilitates 7 daily psych-educational group meetings focused on treatment and recovery
- Provides individual, one-on-one supportive counseling sessions
- Assists with medication management for both psychiatric and medical illnesses
- Offers a 5-day, medically-managed detoxification program for individuals using substances
- Helps develop an individual Wellness Recovery Action Plan (WRAP) aimed at full recovery
- Offers a person-centered Sensory Room to facilitate empowerment, reality orientation, activity tolerance, and relaxation

CSU provides an environment conducive to recovery. No tobacco, electronic devices, weapons, or outside food and drink allowed. Daily meals and laundry facilities make life comfortable for participants.

Daily Schedule

7am - 8:30am	Wake up/ADLs/Breakfast/Phone/Vitals/Medication
8:30am - 9:00am	GROUP 1 - Morning Community Meeting
9:15am - 10:15am	GROUP 2 - WRAP/Treatment Planning
10:30am - 11:30am	GROUP 3 - Social Skills
11:45am - 1:15pm	Lunch/Medication/Phone
1:15pm - 2:15pm	GROUP 4 - Medication & Wellness
2:30pm - 3:30pm	GROUP 5 - Symptom Management & Wellness
3:45pm	Snack
4:00pm - 5:00pm	Rest Hour/Independent Resource Study
5:00pm - 6:00pm	GROUP 6 - Co-occurring Disorders
6:00pm - 7:30pm	Dinner/Medication/Phone/Vitals/Resource Time
7:30pm - 8:00pm	GROUP 7 - Closing Community Meeting
8:15pm	Snack
8:30pm - 11pm	Phone/Medication/Laundry/Free Time
11:00pm - 7:00pm	Lights Out

*15 minute breaks are provided between each group and activity.