



## CHESTNUT CRISIS SERVICES

A PROGRAM OF CHESTNUT HEALTH SYSTEMS

CONTACT CHESTNUT  
CRISIS SERVICES TODAY

**309.827.6026**  
**chestnut.org**

1003 Martin Luther King Dr.

Bloomington, IL 61701

309.827.6026 or 888.924.3786

Ask for the Crisis Stabilization Unit



## CRISIS SERVICES

Intervention and  
Stabilization

Chestnut Health Systems provides a 24 hour residential unit for those experiencing a psychiatric or emotional crisis. Crisis unit staff consists of trained counselors, peer staff, nurses, medical assistants and licensed social workers experienced in handling a variety of crisis situations. Chestnut can provide 24 hour short term supervised care for persons aged 18 years (cannot be enrolled in high school) and older experiencing an acute psychiatric crisis that does not require psychiatric hospitalization.

Admission to our stabilization unit is voluntary and we accept only those individuals who choose to come to the unit.

Available 24 hours a day, seven days a week – through assessment, support, treatment and stabilization, Chestnut Health Systems can help. If you or someone you know is experiencing a crisis, please call us at 309.827.6026 or toll free at 888.924.3786.

**If you feel that you are at imminent risk of harm, please dial 911 immediately.**



## CRISIS INTERVENTION

Chestnut Health Systems provides crisis phone and outreach service for those who are experiencing a psychiatric or emotional crisis.

The program has the following components:

- **Walk In Crisis Services:** Individuals experiencing a mental health crisis or in need of medically monitored detoxification can meet with staff to determine whether a stay in the Crisis Stabilization Unit (CSU) would be helpful and appropriate.

- **Crisis Stabilization Services:** Our CSU is staffed 24 hours per day with trained nurses, medical assistants

and counselors to provide safety and stability during this time of crisis. Services include assessment, individual therapy and case management, group counseling, psycho-educational groups, medication monitoring and prescribing and discharge planning.

\*We accept private insurance, medicaid and managed medicaid.

Please note that coverage for these services varies. If you would like information on services covered, please contact your insurance company.

\*No one will be denied services due to inability to pay.



## CRISIS STABILIZATION

For Crisis Stabilization services please call 309.827.6026.

Chestnut Health Systems provides 24 hour short term supervised care for persons aged 18 years and older experiencing an acute psychiatric crisis that do not require acute psychiatric hospitalization. The Crisis Stabilization Unit (CSU) also provides a medically monitored detox for those experiencing withdrawal from alcohol and other drugs. Admission to our CSU is voluntary. We accept only those individuals who choose to come to the unit. The facility is not prepared to work with persons who may be actively suicidal or homicidal or who are experiencing serious medical problems or complications. The unit is staffed with nurses and behavioral technicians but it is not a hospital. Adults may stay in the crisis stabilization beds for up to two weeks. During their stay on the unit, clients spend time in groups that meet six or more times each day. The groups provide education on topics helpful for persons in crisis and clients are encouraged to attend and to participate actively. Chestnut will provide the safe and supportive environment conducive to achieving stability.

Clients contribute to their recovery by assuming responsibility for several tasks including:

- Personal care and grooming.
- Making one's bed and keeping one's bedroom neat.
- Laundering and returning towels, linens, scrubs and other items issued by Chestnut.



- Taking all medications as prescribed by the doctor or Psychiatric Advanced Nurse Practitioner.
- Cleaning up after using the kitchen and common area.
- Maintaining a peaceful environment.
- Working with the treatment team to craft goals for one's stay in the CSU and to create a comprehensive discharge plan that will support ongoing recovery and stability.
- No alcohol or drugs are allowed on the unit. All medications are dispensed by Chestnut nurses at appropriate times.
- Chestnut maintains a smoke free environment so no smoking is allowed on Chestnut property.

Persons may refer themselves for crisis stabilization services and may be referred by hospitals, police departments, mental health agencies, social service agencies, families and friends.