

Crisis triage and stabilization facilities

Purpose

To provide immediate access to behavioral health care services to individuals experiencing a crisis.

Need identification

Crisis triage and stabilization facilities fill a need for urgent crisis services not found within emergency departments or inpatient hospitalization.

These facilities also act as a resource for individuals experiencing a crisis who may encounter first responders because of their behavioral health symptoms. Crisis triage and stabilization facilities are designed to act as a specialized and accessible treatment option for these individuals.

The facility

Crisis triage and stabilization facilities are licensed by the Department of Health as Residential Treatment Facilities, with a certification to provide mental health crisis services. 23-hour facilities are licensed as outpatient behavioral health facilities, with a certification for crisis outreach services. [WAC 246-341-1140](#) describes Crisis Stabilization and Triage services.

Facilities may provide a combination of three services: 23-hour recliners, crisis triage beds, and crisis stabilization beds. Recliners are designated as a landing place for individuals' connection to community resources and need identification. Crisis stabilization and triage beds act as a behavioral health urgent care model.

The facilities are designed for voluntary admissions or temporary 12-hour police holds. Facilities offering only 23-hour services are unable to accommodate police holds. The length of stay ranges from 23 hours to 14 days. Individuals are active participants in their treatment and discharge planning.

Crisis triage and stabilization acts as a least restrictive alternative setting and prioritizes a no wrong door approach to services. Crisis triage and

stabilization works closely with first responders to reduce the strain on emergent services.

Requirements for medical clearance to facilities vary and aim to provide low-barrier entry. Most can meet minor physical health challenges, with an identified path of care for those who may require more medically staffed services.

In addition, individuals assessed by the facility to require a higher level of behavioral health care, for example involuntary treatment, will be referred to the appropriate services.

Active treatment options

Services are provided by teams of specially trained, multidisciplinary staff providing 24/7 coverage to meet individual treatment needs. Individuals are provided a comprehensive risk assessment by a mental health professional within three hours of admission.

Individuals develop care plans with measurable goals and clearly defined interventions designed to help stabilize the presenting behavioral health crisis. Interventions provided may include a psychiatric medication assessment, medication management or administration, group and individual therapy, crisis planning, peer counseling, and case management.

Available funds

Commerce awards capital funding for adult or youth facilities. The inpatient facilities must have 16 beds or less to allow for federal funding. To learn more about potential opportunities for capital funding visit [the Department of Commerce's Behavioral Health Facilities Grant Program website](#).

For more information

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