

# What is a Crisis Center?

Siouxland Mental Health Crisis Center is a 24/7 facility designed to assist individuals experiencing mental health discomfort and/or increased mental health symptoms. These individuals typically do not meet inpatient hospitalization criteria, but require a level of care that cannot be addressed in their current living situation. Admission is based on the client's voluntary cooperation - they may leave at any time if they choose to do so. The goal of the crisis center is to provide a safe, supervised environment where clients can address their crisis and stabilize their symptoms with support.

Services include:

- Crisis screening and assessment
- 24/7 access to a medical and mental health professional for consultation
- Medication management and administration
- Short-term therapeutic and skill-building programming through individual and group sessions
- Care coordination to include a stabilization plan, action plan, treatment summary, and referrals to appropriate community resources
- Peer Support
- Discharge planning and follow-up services



**VISIT WEBSITE FOR MORE INFORMATION**



Siouxland Mental Health  
Crisis Center  
4038 Division Street  
Sioux City, IA 51108



**SIOUXLAND  
MENTAL HEALTH  
CRISIS CENTER**

*"Making a difference in the community,  
by making a difference in people's lives"*

**712-560-7996**

## Mobile Crisis and Assessment Team (MCAT)

The Mobile Crisis Assessment Team (MCAT) provides onsite, in-person intervention for individuals experiencing a mental health crisis. MCAT is a 24/7 program for youth and adults that dispatch mental health professionals to homes, schools, ER's or other public places where a mental health crisis is occurring. Response time is within 60 minutes of MCAT's dispatch.

Services include:

- Developing safety plans, making referrals, and scheduling follow-up services with individuals to avoid hospitalization.
- Assessing individuals to determine the need for a higher level of care.
- De-escalating crisis situations.
- Arranging transportation to a higher level of care as needed.

## Crisis Stabilization Community Based Services

Short-term services (up to 5 days) designed to de-escalate a crisis situation and stabilize an individual following a mental health crisis. These services are provided where the individual lives, works or recreates. Provided the same as crisis stabilization residential services, but conducted in the community. Crisis stabilization community-based services are designed for voluntary individuals who are in need of a safe, secure environment but less intensive and restrictive than an inpatient hospital setting.

\*Services listed on this page are for all ages.

## 23-Hour Observation and Holding

Twenty-three-hour crisis observation and holding services are designed for individuals who need short-term crisis intervention in a safe environment that is less restrictive than a hospital setting. This level of service is appropriate for individuals who require monitoring or when an individual's ability to cope in the community is severely compromised and it is expected the crisis can be resolved in 23 hours.



## Crisis Stabilization Residential Services

Crisis stabilization residential services are short-term services (up to 5 days) provided in a comfortable environment. The goal of CSRS is to stabilize and reintegrate the individual back into the community. Crisis stabilization residential services are designed for voluntary individuals who are in need of a safe, secure environment but less intensive and restrictive than an inpatient hospital setting.

## Subacute Mental Health

A short-term (up to 10 days), intensive, recovery-oriented treatment service designed to stabilize an individual who is experiencing a decreased level of functioning due to a mental health condition.

### Services:

- Daily psychiatric monitoring
- Medication prescribing and management
- Intermediate mental health and substance use symptom stabilization
- Substance evaluation
- Daily contact w/ Mental Health Professional
- Skill building
- Care coordination
- Peer support
- Referral/Follow-Up
- 24/7 nursing care

