

**Description of Service:** The San Gabriel Crisis Center is a 24-hour, community-based respite center that is available to individuals experiencing a severe crisis, but are not at risk to harm self or others. Our clients are here on a voluntary basis. The primary objective of the ten-bed crisis respite center is to stabilize and resolve a crisis situation before it escalates to the point of requiring an in-patient hospitalization or involvement in the criminal justice system. The anticipated length of stay for most admissions is one to seven days.

Crisis respite treatment involves 24-hour care that is usually short-term and offered to individuals who are at risk of psychiatric crises due to a housing challenge and/or severe stressors in the family, but are not at a risk of harm to self or others. Eligible individuals have only mildly impaired functioning and must be able to cooperate with staff support. Although defined services will be in place to address substance abuse problems, intoxication must not be present. Mild medical conditions may be allowed while the individual is taking medications. Self-administration of medications must be within the ability of the individual admitted to this level of care. Crisis respite units attempt to re-create a normalized environment.

The services clients may receive include psychiatric assessments and evaluations, medication management, counseling and group skills training. We will also be providing telemedicine services to ensure 24 hour access to a psychiatrist.

**Goals:** The following are the anticipated outcomes resulting from the services provided at San Gabriel Crisis Center:

- Provide immediate stabilization and resolution of a crisis situation at the most appropriate and least restrictive level of care;
- Provide an effective alternative to hospital emergency room care, thereby reducing costly visits and/or the amount of time a person in crisis spends in an emergency room;
- Reduce unnecessary incarcerations and inpatient psychiatric interventions;
- Relieve the person in crisis, family members and local law enforcement agencies from unnecessary time waiting in emergency rooms by offering an alternative for persons in crisis to receive services through the appropriate level of care.

**Who:** Services are offered to adult patients who do not require a secure environment, are not at risk to harm self or others and who voluntarily will accept treatment. The respite center will not accept violent individuals or sex offenders. A background check will be run before anyone is accepted onto the unit. The patients are primarily residents in Williamson County, but the unit may also serve residents of the remaining seven counties served by Bluebonnet Trails MHMR, if there are available beds.

**Funding:** Bluebonnet Trails Community MHMR Center, working in partnership with Williamson County and five local hospitals, was awarded a grant through the Texas Department of State Health Services for a crisis respite center to be located in Williamson County. The state grant will support a ten-bed center from May 2008 through August 2009. The award amount is \$26,827 in FY 2008 and \$574,447 in FY 2009.

**Cost of Services to Clients:** At this time, Bluebonnet has not established a rate for the services and stay on the unit. Bluebonnet will be billing Medicaid and private insurance for any rehabilitation services provided to persons who have these benefits.

**Security:** In the hallways and at the exterior doors, Bluebonnet has installed security cameras to be monitored on the unit. In addition, we are planning for the Center's Mobile Crisis Outreach Team and Crisis Intervention Team of the Williamson County Sheriff's Department to have a presence in the offices down the adjacent hallway in this facility.

**Key Partners:** Collaborative partners in this project are Bluebonnet Trails Community MHMR Center, representatives from the Williamson County Commissioners Court, the Williamson County Sheriff's Office, the Williamson County Attorney's Office, the Williamson County Jail, the Williamson County Crisis Intervention Team and Mobile Outreach Team, Williamson County Adult and Juvenile Probation, Williamson County and Cities Health District, St. David's Round Rock Hospital, St. David's Georgetown Hospital, Scott & White Hospital at University Medical Campus, Seton Medical Center Williamson, Cedar Park Regional Medical Center, Round Rock Independent School District, Lone Star Circle of Care and the Georgetown Healthcare System, Inc.

**Operator:** Bluebonnet Trails Community MHMR Center has contracted with The Wood Group to provide the necessary non-licensed staff and to operate the unit. The Wood Group has been providing services to the mental health community of Texas since 1983 and currently provides 30 plus mental health programs through contracts with 17 community MHMR centers in Texas. They operate 22 residential facilities providing crisis residential treatment, crisis respite service and residential treatment to adults in Texas.