

New admissions to
Youth Crisis Stabilization will be referred
from North Central Health Care's

Crisis Center

1.800.799.0122

715.845.4326

North Central Health Care
1150 Lake View Drive
Wausau, WI 54403

No appointment necessary.

What is a Crisis?

A crisis is whatever an individual, family or group feels is a crisis at the time. Crisis situations can take many forms. Some situations may include:

- Feeling overwhelmed, depressed, helpless, hopeless or unable to cope with difficult situations in their life
- Talking about or attempting suicide
- Bullying or threats of violence
- Drug and/or alcohol abuse
- Eating disorders
- Difficulties at school
- Other mental health emergencies



North Central Health Care Youth Crisis Stabilization

715.848.4310

www.norcen.org/YouthCrisis
2370 Marshall Street, Wausau, WI 54403

Equal Opportunity in Service Delivery Policy

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identify, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

**You don't have to
manage a crisis alone.**

*We're here for you and
your family.*



North Central Health Care Youth Crisis Stabilization



**You don't have to manage
crisis alone.**

*Serving Youth & Families of Marathon, Langlade,
Lincoln, Forest, Vilas & Oneida Counties*



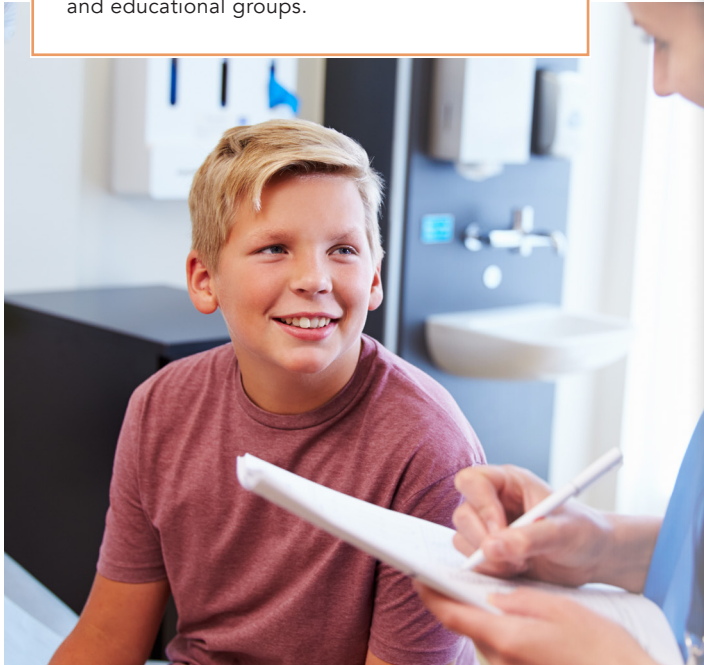
North Central Health Care

Youth Crisis Stabilization

Where Healing Begins...

North Central Health Care's Youth Crisis Stabilization is the first step in life-changing care and treatment for young people of any age who are experiencing a mental health crisis. Under the direction of a Medical Director and Clinical Supervisor, our program provides 24-hour care in a warm and welcoming setting. The Youth Crisis Stabilization program provides short-term therapeutic interventions to reduce and stabilize a child's crisis and link them to other resources and supports.

Length of stay depends on each child's needs, but services are designed to be short-term, approximately 2-5 days. Treatment includes regularly scheduled evidenced-based group and individual therapy and a variety of skill-building and educational groups.



Admission

Youth are assessed by Crisis Professionals who gather information to understand their needs and determine eligibility for YCS. Youth who can be discharged safely will have resources in place to provide treatment as needed. Each child, and each situation, is treated uniquely and youth are referred to the appropriate level of care based on the assessment of the Crisis team. If crisis stabilization is deemed the appropriate level of care your child will be transferred to the Youth Crisis Stabilization program where the admission process can begin. From there, your child will settle in and, when comfortable, begin participating in their treatment schedule.

*Each child is unique,
and therefore so is their
care and treatment.*

Programming & Activities

Youth Crisis Stabilization offers a variety of programming to support mental, emotional and physical well-being. Our multidisciplinary team schedules each patient daily for appropriate groups and activities including the following:

- Mindfulness
- Life Skills
- Goals Group
- DBT
- Education Time
- Recreation & Leisure
- Daily club meetings including arts and crafts, book, fitness, creative writing, music, STEM, Meditation, Cooking, Movie and Community service



Services

Youth Crisis Stabilization offers a variety of services to develop a personalized treatment and success plan for each child's individual needs.

- Screening & Referral
- Assessment
- Treatment Planning
- Treatment Services
- Safety & Crisis Planning
- Care Coordination
- Discharge Planning

Therapies

Individual - A therapist who is specially trained to work with children and adolescents is part of our team at the Youth Crisis Stabilization. Our therapist may initiate one-to-one sessions, however our entire team will work with your child on setting daily goals and learning new skills to help them cope through group therapy, individual contact, and recreational and therapeutic activities.

Group - Therapeutic, educational and skill-building groups are offered throughout each day. In group, social interactions are used to examine mental health issues and learn new skills. Topics may include social skills, coping skills, self-expression, life skill or anger management.