

New admissions to  
Youth Crisis Stabilization Facility are Coordinator  
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 Facility

[www.norcen.org/YouthCrisis](http://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 identity, 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.

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



## North Central Health Care Youth Crisis Stabilization Facility



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



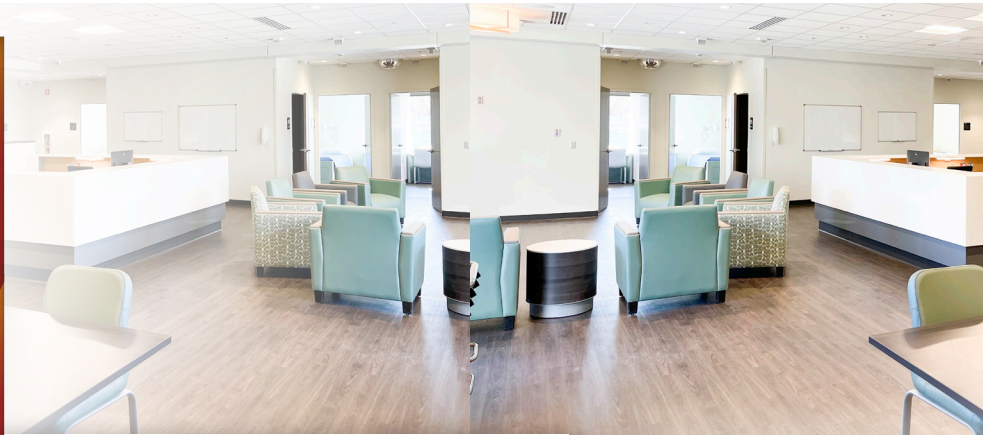
# North Central Health Care

## Youth Crisis Stabilization Facility

### Where Healing Begins...

North Central Health Care's Youth Crisis Stabilization Facility is the first step in life-changing care and treatment for young people of any age who are experiencing a mental health crisis. The program provides 24-hour care in a warm and welcoming setting. The Youth Crisis Stabilization program provides short-term, voluntary, 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 3-5 days. Treatment includes regularly scheduled evidenced-based group, individual therapy, and a variety of skill-building and educational groups.



### Admission

Youth are assessed by Crisis Professionals who determine eligibility for YCSF. 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. Once settled in, youth can start participating in programming.

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

### 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

### Programming & Activities

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

- Mindfulness | Meditation
- Goals planning
- Education Time
- Life Skills
- DBT Skills
- Recreation time
- Leisure time
- Outdoor time
- Health and Wellness groups
- Art and Craft groups

### Programming

**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 programming, individual contact, and recreational and therapeutic activities.

**Group** - Programming, 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 skills or anger management.