

## Our Mission

The mission of Momentum for Health is to help individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life.

We are a private, nonprofit organization that relies on the generosity of individuals, foundations and corporations to support our services.

***“CSU provides clients with a sense of control and allows them to have a say in treatment.”***

*Bindu Khurana-Brown, CSU Program Manager*



101 José Figueres Ave, Suite 50  
San José, CA 95116  
Tel. 408.207.0560  
Fax. 408.708.7194

Hours of Operation:  
24 hours a day/ 7 days a week

[momentumforhealth.org](http://momentumforhealth.org)



## CRISIS STABILIZATION UNIT



*Focused support to help reduce the symptoms of crisis*



[momentumforhealth.org](http://momentumforhealth.org)

## Program Overview

The Crisis Stabilization Unit (CSU) is intended to provide an individual with more choices in their journey to recovery. CSU is open twenty four (24) hours a day, seven (7) days a week and serves as a space for an individual to receive care when experiencing a behavioral health crisis. The program is intended to serve as a voluntary alternative to a locked treatment setting allowing an individual the opportunity to reset their emotional states. An individual's stay within CSU is less than 24 hours as a way to reduce their current stimuli and stressors, and to allow them to remain in the community.

CSU serves up to eight (8) individuals at a time allowing more focused support to help reduce the symptoms of crisis. The smaller environment allows a more tranquil space and opportunity to separate from the daily stressors that can overload an individual.



### **Criteria:**

- CSU serves the adult population, 18 and older
- An individual must have active Santa Clara Medi-Cal
- The individual is willing to come to CSU and does not currently meet criteria for a 5150 (involuntary hold)
- The individual is not in need of detox services
- The symptoms experienced are the result of behavioral health distress

### **Items Needed:**

- The individual's discharge plan for the next day
- The individual's prescribed medications and orders for use
- Belongings for a one night stay (e.g. may include clothes, cell phone charger, etc.)

### **Staffing:**

- Each shift has a Registered Nurse and Clinicians who are able to continually assess the individual for their medical and emotional safety
- Peer navigators are an integral part of the team who are able to share their own experiences with recovery, alcohol and drugs, criminal justice, and the mental health system.

## Referral Process

Give us a call at 408.207.0560 x1 to discuss the current crisis with the on-site clinician.

After discussion, a quick referral form is completed and sent to the team via fax or email.

Collateral documentation being provided helps us avoid questions that can trigger the continual experience of the crisis (e.g. recent doctor notes, assessments and progress notes).

CSU is within the Crisis Continuum of Care so coordination efforts do not require a signed Release of Information (ROI) for the purpose of maintaining safety.

