

Family & Children's Services

# CRISCARE CENTER



Family &  
Children's  
SERVICES

---

*Life Changing.*



When severe psychiatric crisis makes daily life seem impossible, Family & Children's Services' new CrisisCare Center can help.

Services are available around the clock, 365 days a year if you or someone you care about is experiencing a psychiatric crisis.

Our new 24/7 CrisisCare Center provides short-term crisis stabilization in a secured, safe and caring environment for emergency psychiatric needs of adults.

#### HELP WHEN YOU NEED IT MOST

Adults experiencing complex, mental health crisis now have access to immediate help right here in Tulsa when they need it most. The new state-of-the-art CrisisCare Center offers a variety of treatment options based on the client's needs. These crisis stabilization services include crisis line, crisis assessment, crisis respite, intensive crisis stabilization and COPES mobile response.

An individualized care plan will be developed by a multidisciplinary team of mental health professionals, crisis technicians, care managers, nurses and physicians.

While in our care, staff works with individuals to resolve or stabilize crisis, improve coping skills, reduce symptoms that interfere with day-to-day living and prevent self-harm attempts.



The CrisisCare Center best helps individuals with mental health or co-occurring disorders who are experiencing a severe, debilitating psychiatric crisis with one or more of the following symptoms:

- » Debilitating depression
- » Overwhelming anxiety or mania
- » Suicidal thoughts, threats of suicide or self harm
- » Psychologically disorganized and unable to care for daily needs
- » Rapidly decompensating or exhibiting bizarre behavior
- » Delusions, hallucinations or hearing voices



## SCREENING, TRIAGE AND ASSESSMENT CENTER

We offer immediate attention for individuals who are experiencing a psychiatric crisis. Our staff assesses the level of appropriate care needed for crisis stabilization.

- » Evaluates psychiatric risks and mental health needs
- » Determines if individuals are medically stable or require immediate medical attention
- » Recommends individualized services at the least restrictive level of care

## CRISIS RESPITE CENTER (UP TO 24 HOURS)

We offer a new innovation in mental health crisis resolution, created for adults who need more structure and monitoring than can be provided in a home, clinical office or emergency room but don't necessarily require long-term or inpatient care.

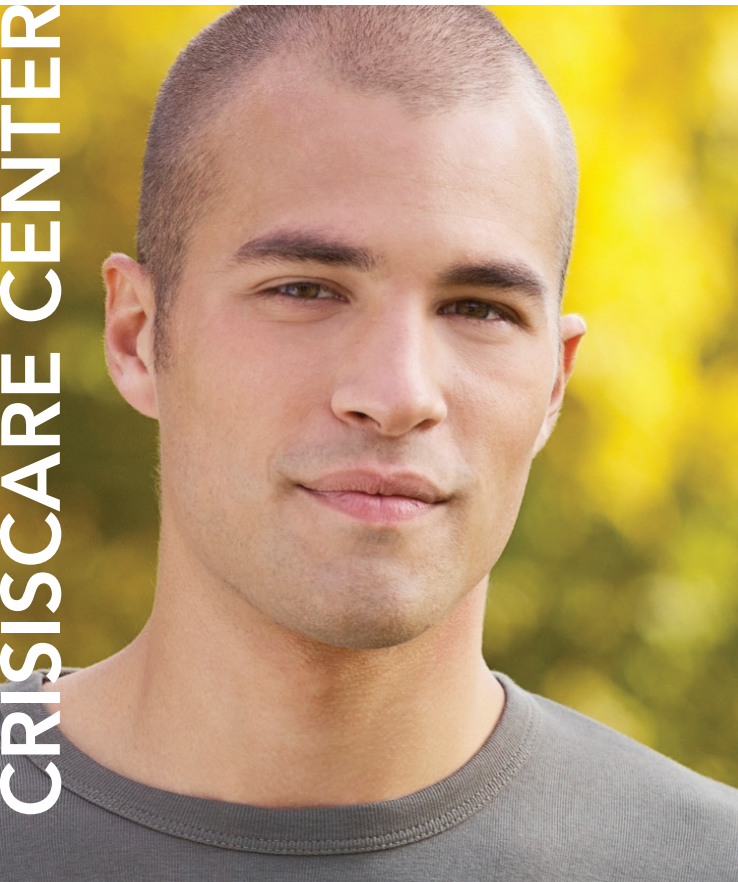
The crisis respite center offers up to a 24-hour stay in a safe, supportive and calming environment with continuous supervision, pharmaceutical oversight and support in a comfortable, therapeutic setting.

## CRISIS STABILIZATION UNIT (3 TO 5 DAYS)

Our 16-bed, non-hospital crisis stabilization unit built to alleviate the shortage in our community of inpatient psychiatric beds for Medicaid beneficiaries, provides short-term structured care as an alternative to hospitalization. Our goal is to help patients stabilize and achieve significant improvement within three to five days while they receive a combination of these services:

- » Continuous evaluation and treatment planning
- » Medication evaluation and monitoring
- » Crisis intervention and de-escalation
- » Mobilization of family and natural support systems
- » Linkage to community resources
- » Group and individual therapy
- » Therapeutic activities
- » Nursing services

*Those not expected to improve within 3-5 days or those with violent tendencies may be referred to traditional hospital-based inpatient units.*





## COMMUNITY OUTREACH PSYCHIATRIC EMERGENCY SERVICES (COPES)

Our COPES team assesses the level of risk, provides crisis support by phone and when needed will go directly to the person in crisis. COPES rapid response can save lives and keeps those in crisis safe and stable.

### CRISIS LINE

Trained mental health professionals are available 24/7 by phone to provide support, intervention and information for individuals in crisis, their family members and those in the community concerned about an individual in crisis.

### NATIONAL SUICIDE PREVENTION LIFELINE

You aren't alone. If you or someone you love is having suicidal thoughts call us 24/7 because with help comes hope.

### MOBILE CRISIS RESPONSE

Our COPES mobile response team specializes in immediate crisis assessment, de-escalation and stabilization where the crisis is occurring for adults experiencing an emotional, behavioral or psychiatric emergency.

*COPES is a free community resource that is confidential and available to anyone in Tulsa County.*

*If in crisis, call **918.744.4800**.*

Family & Children's Services complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.



## CONTACT US FOR HELP NOW

Our CrisisCare Center is open 24/7 and primarily serves adults in Tulsa County.

We will ensure that you, your loved one or someone you know in distress will get the help that is needed.



For more information about our crisis services, call our office line at:

**918.921.3200.**

If you or someone you know is experiencing a crisis and needs immediate help, call:

**918.744.4800.**

We are located in downtown Tulsa at the corner of 11th and Houston – **635 West 11th Street**. Take the 11th Street/Houston Avenue exit off the Broken Arrow Expressway.

# CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

## PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services
- » Crisis Intervention

Family & Children's Services  
CrisisCare Center  
1055 S. Houston Ave.  
Tulsa, Oklahoma 74127

Office Line: 918.921.3200  
Crisis Line: 918.744.4800

[www.fcsok.org](http://www.fcsok.org)



Family &  
Children's  
SERVICES

---

*Life Changing.*