

# Crisis Stabilization Services

## Project Framework

This project will define and document the state of crisis stabilization services in California for children, youth and adults and identify recommendations for improving how crisis stabilization services can be utilized to improve mental health outcomes throughout the state.

### Goals:

- 1) Explore and understand whether children, youth and adults have sufficient and appropriate access to crisis stabilization services in California.
- 2) Document the challenges of insufficient or constrained access to crisis stabilization services, and the benefits of improved access, such as costs, cost avoidance and savings, prevention opportunities, improved outcomes, etc.
- 3) Understand the drivers that determine whether there is sufficient access to crisis stabilization services, such as policy, funding/costs, licensing, staffing requirements, etc.
- 4) Explore strategies for improving access to appropriate services, including strategies that are within the authority of the Commission and those might require statutory, fiscal or other reforms.

**Timeline:** The Commission received an initial presentation on crisis stabilization services in February, 2015. The Commission would receive a subsequent presentation in July, along with advisory workgroup meetings and one or more potential site visits. A draft report would be prepared for the Commission's consideration in October or November.

**Work Plan:** To support this project, Commissioner Boyd would serve as project Chair, leading the following efforts:

Workgroup. The Commission will form an advisory workgroup that would bring together subject matter experts on crisis stabilization services, along with stakeholders representing mental health clients and consumers, family members, counties, services providers, state officials, and others. A minimum of two, half-day workgroup meetings would be held to define crisis stabilization services, explore the role of these services in a continuum of care that is prevention focused, and identify challenges, opportunities and best practices. The initial work group meeting would be organized to focus on clearly defining the problem to be addressed. A subsequent meeting would be focused on identifying potential strategies to improve outcomes. Summaries of work group meetings will be prepared and distributed.

Site Visit. To help the Commission and stakeholders better understand the need for crisis stabilization services, the goals of those services, and how they function, the Commission might conduct one or more site visits as part of a workgroup or related meeting. Site visit summaries will be prepared.

Panel Presentation. The Commission received a presentation during its February meeting on crisis stabilization services. A subsequent panel presentation would be organized around three themes:

1) The nature of crisis stabilization services and access challenges. A presentation would be organized for consumers and/or family members to outline the need for services and the challenges associated with accessing those services. 2) A presentation of best practices in crisis stabilization services. The presentation would focus on strategies that could serve as models and the necessary elements to support those models. 3) Barriers and opportunities for widespread adoption of those models. The Commission will ask for written testimony to serve as a record of the panel presentations.

The panel would cover crisis stabilization services for children, youth and adults, differentiating for these populations on needs or strategies were appropriate.

**Staffing.** The Crisis Stabilization Project would require an interdisciplinary team, drawing from the OAC staff.

Project Lead: Kevin Hoffman  
Research Staff: Sheridan Merritt  
Support: To be determined

**Report.** A 30-50 page report is envisioned, that includes a detailed background section describing crisis stabilization services, and chapters that would include vignettes describing experiences of consumers and family members who have benefited from or have needed crisis stabilization services, the challenges and opportunities presented in the workgroup and Commission meetings and recommendations for reform.