



Ridgecrest CSU

Crisis Stabilization Unit

At the Ridgecrest Crisis Stabilization Unit (CSU), we are here to help you find relief from distress and assist you in maintaining stability in your life.

We believe recovery starts from within, and that our job is to do whatever it takes to help you cope with crisis and gain skills to deal with your challenges more effectively. We have a multidisciplinary team of clinicians, psychiatric prescribers, nursing staff, and peer specialists who are all here to help you on your path.

Our services emphasize choice-making skills and harm-reduction techniques. We provide a safe, respectful environment where you can receive immediate, individualized assistance and a compassionate presence to stabilize symptoms, avoid the need for higher levels of care, and receive appropriate referrals to community-based resources.

What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to resolve your current crisis in ways that support your goals in life.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationship we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery.

Our goal is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

- PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



CONTACT

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OFFICE HOURS

Open 24-hour, 7 days per week



Services at Ridgecrest CSU

- Access to psychiatric providers, nurses, social workers, and other clinical staff
- Psychiatric assessment
- Medication evaluation and service
- Development of crisis and recovery plans
- Linkage and referral to community treatment resources including medical services

Accessing CSU Services

CSU services are available to individuals in crisis who voluntarily seek treatment, as well as involuntary treatment to individuals brought in by law enforcement.

Admission Criteria

All who are experiencing emotional distress are welcome.

Exclusion Criteria

We do not admit individuals who are having a medical emergency. These individuals are better served in a hospital emergency department.

Our Story

Telecare's crisis services are strength-based, empowering, person-centered, and wellness and recovery-oriented. The Ridgecrest CSU program offers a calm and welcoming homelike environment where referred individuals in crisis will receive immediate assistance to stabilize acute symptoms and avoid inpatient hospitalization.

This program is funded by Kern County Behavioral Health and Recovery Services.