

# **Merrill Center**

#### Crisis Stabilization Unit

At the Merrill Center, 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. Our voluntary crisis stabilization unit (CSU) will 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







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#### **OFFICE HOURS**

Open 24-hours, 7 days per week



### Services at Merrill Center

Services at Merrill Center include, but are not limited to:

- Crisis assessment and evaluation for behavioral health and substance use disorders
- Brief crisis interventions utilizing evidence-based skill sets
- Coordination of admissions to inpatient facilities when necessary
- Peer mentoring
- Coordination of care with individual's support systems and community providers
- Referrals and linkage to community resource
- Family therapy
- Linkage to early WRAP program for continuity of care

## **Accessing CSU Services**

Referrals to the Merrill Center will be accepted from the San Bernardino County Department of Behavioral Health (DBH) outpatient clinics, full service partnerships (FSP), DBH Community Crisis Response Teams (CCRTs), law enforcement and first responders, hospital emergency rooms, mental health assessment teams, and other county medical clinics and departments.

Self-referrals and referrals from family and friends also accepted.

## **Admission Criteria**

- Adult and youth residents of San Bernardino County
- Priority populations include but are not limited to:
  - Individuals at risk for psychiatric hospitalization or FR admission
  - Individuals in psychiatric crisis who have come to the attention of law enforcement
  - Individuals who have had a high utilization of inpatient hospitalization and/or crisis services
  - Individuals on conservatorship

## **Our Story**

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



Behavioral Health

Merrill Center is funded by the San Bernardino County Department of Behavioral Health.



Merrill Center is operated by Telecare Corporation. This brochure was created by Telecare Corporation.