



TENNESSEE'S



CRISIS RESPITE SERVICES



Tennessee Department of Mental Health
and Substance Abuse Services

Office of Crisis Services and Suicide Prevention





Description

A facility-based, voluntary service that offers twenty-four, seven-days-a-week support with behavioral and illness management and recovery services with a focus on short-term stabilization to adults 18 years of age or older.



Crisis Respite Services

Services consist of, at minimum, medication management; illness management and recovery services; crisis counseling; referral and discharge services; and follow-up services.

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Definition of a Crisis

A “Behavioral Health Crisis” means any intensive behavioral, emotional, or psychiatric situation which left untreated, could result in an emergency situation, in the placement of the person in a more restrictive, less clinically appropriate setting, including but not limited to, inpatient hospitalization or at the very least, significantly reduced levels of functioning in primary activities of daily living.

How are crisis respite services accessed?

The primary referral source for crisis respite services are the crisis teams that make up the statewide crisis system here in TN.





Who is eligible to receive services?

Uninsured and TennCare covered individuals experiencing a crisis who are not at imminent risk of hospitalization and are able to self manage medications are eligible to receive crisis respite services.



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Individuals eligible to receive services:

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- Eighteen (18) years of age and older;
 - Experiencing a behavioral health crisis,
 - Medically stable during and/or immediately following a behavioral health crisis episode,
 - Willing to go, voluntarily, into crisis respite services; and
 - Physically present in the crisis services provider's service area.
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Profile Scenario


A 35-year-old female presented to a Walk-In Center for assistance. A crisis clinician evaluated the individual and she admitted to cutting on herself in the past, during times of stress. She reported that she was currently upset because she and her husband had been arguing about finances. She stated that she felt that if she did not get away from her husband for a while, that she would end up cutting herself again.








The Purpose of Respite



Crisis respite services are used for a variety of reasons and include:




- temporarily relieve for an individual from an environment that might be creating stress and anxiety; waiting for a higher level bed to become available in the mental health and/or substance abuse system and/or as a step down from a crisis stabilization unit.












Where are services provided?



Crisis respite services are typically housed as an add on to the continuum of services provided by the crisis stabilization units but tend to be more living room like in appearance than the CSU beds which mimic inpatient facilities.



Crisis Respite Staffing

Trained crisis respite staff members and/or peer recovery specialists typically provide crisis respite.












Crisis Respite Services at a Glance

- The ALOS for crisis respite services in TN is 2.41 days.
- There were 2,083 admissions during FY14.
- 63% of crisis respite admissions were for uninsured individuals.
- 7% of crisis respite admissions result in inpatient psychiatric hospitalization.



Providers of Crisis Respite in TN

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- Mental Health Cooperative
 - Alliance Healthcare Services
 - Volunteer Behavioral Health Services
 - Frontier Health

Respite Locations in Tennessee



CRISIS RESPITE FACILITIES

A. Frontier Health

C. Mental Health Cooperative

B. Volunteer Behavioral Healthcare

D. Alliance Health Services

Washington County

FRONTIER MENTAL HEALTH

The CALM Center is a voluntary short-term observation, intervention, and stabilization for adults 18 & over. Serves 8 counties in the east TN area. The average stay is 8 to 10 hours.



Hamilton and Putnam Counties

VOLUNTEER BEHAVIORAL HEALTHCARE

Volunteer's two respite programs combined served 29 counties in TN.



Plateau Mental Health Center



Joe Johnson Mental Health Center

Davidson County - Middle TN

MENTAL HEALTH COOPERATIVE



ALLIANCE HEALTHCARE SERVICES

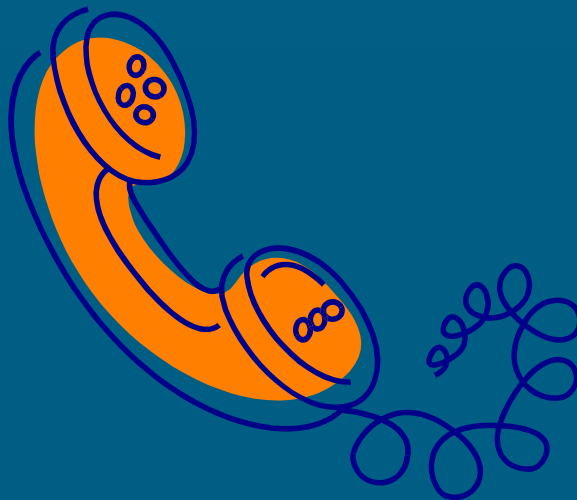
Serves Shelby County in the far west area of the state



How To Access Crisis Respite in TN

Statewide Toll-free Crisis Hotline

1-855-CRISIS-1 or (1-855-274-7471)



Thank you!

For questions please contact Melissa Sparks at
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