

Treatment at the Crisis Care Center

The Crisis Care Center's living room model will provide a comfortable space for treatment. Peer support specialists with personal experiences in managing the challenges of living with mental illness will provide crisis intervention and mentoring with assistance from licensed clinicians.

Treatment strategies may include:

- Acu-detox
- Yoga
- Guided Imagery
- Music and Art Therapy
- Stress Management skills
- Anger management skills
- Medication management
- Talk therapy
- Mindfulness
- Thought stopping
- Self-Regulation
- Problem Solving Skills
- Self-Care
- Grounding Techniques
- Psychoeducation
- Meditation
- Motivational Interviewing
- Coaching

Goals of the Crisis Care Center

- Provide a calm and safe environment
- Support and interventions from peer counselors and licensed clinicians
- Link with referrals for continuation of care
- Provide a comfortable alternative to hospital emergency rooms
- Provide support and counseling throughout your stay in the Crisis Care Center
- Assist with the development of coping skills while reducing the need for psychiatric hospitalization
- Provide care in a compassionate and non-intrusive setting
- De-escalate crises through treatment strategies
- Provide internal and external resources



What is the Crisis Care Center?

Mount Rogers Community Services' Crisis Care Center is a mental health crisis respite program. It is developed to be a comfortable space that offers an alternative to hospital emergency rooms.

The Crisis Care Center is a voluntary service where walk-ins are welcome. If you or someone you know is experiencing a mental health crisis, the Crisis Care Center will serve you.

This respite program is developed for individuals experiencing stressful situations and psychiatric emergencies. Our goal is to provide crisis interventions and stabilization in a respectful, welcoming environment through the "living room" therapeutic model. The living room is a familiar home space that will offer a safe destination for individuals in crisis with an inviting atmosphere.

Although this Crisis Care Center is located in Galax, it is open to individuals from across the Mount Rogers' service area of Bland, Carroll, Grayson, Smyth, and Wythe Counties as well as the City of Galax.



Contact Information

Twin County Crisis Care Center

1102 East Stuart Drive

Galax, VA 24333

Phone: 276-236-4263

Fax: 276-236-4273

24-Hour Crisis Hotline

1-866-589-0265

Visit us online at:

mountrogers.org



**Crisis Care
Center**