

Admission Criteria

Youth between the ages of 5 and 17 who are experiencing a behavioral health crisis may be referred by Region 3 CSBs.

Admissions will be considered regardless of insurance or ability to pay.

Youth must meet at least two of the following criteria:

- At risk for hospitalization or homelessness or isolation from social supports due to experiencing difficulty in interpersonal relationships.
- Experiencing difficulty in daily living to the degree that health or safety is jeopardized. Exhibiting behaviors that require interventions by behavioral health, social services, or the judicial system.
- Experiencing difficulty in cognitive ability to the degree that personal danger is not recognized or social behaviors are significantly inappropriate.

PATH Services

Daily activities focus on recovery and the Recovery Coaches and Counselors achieve this goal through a variety of interventions:

- **Mindfulness** - Connecting the emotional, physical and mental self through mindfulness exercises and training.
- **Nutrition** - Developing understanding of the impact of nutrition on one's well-being and participating in meal prep and development.
- **Art & Music** - Utilizing creativity as a form of self-expression and coping.
- **Social Skills** - Practicing and modeling skills that enhance abilities to interact with others.

All youth will receive a psychiatric evaluation, clinical assessment and group, individual, and family counseling.

Take a different PATH

The PATH Crisis Stabilization Unit offers a change from the traditional hospital admission that many youth experience.

We value a holistic approach rather than a traditional medical model.

Youth who experience behavioral health crises will find empowerment, support, and insight into new ways of thinking, feeling, and behaving.

Tele-health equipment is available to promote family interactions and offer access to UVA telepsychiatry services. Continuity of care is promoted in this way as youth may continue to access UVA telepsychiatry after discharge.

Additionally, the Crisis Stabilization Unit team includes a Board Certified Behavior Analyst, providing the expertise to evaluate and develop a behavior plan for youth diagnosed with Intellectual and/or Developmental Disabilities.



What is PATH CSU?

Youth who experience challenging life events are often at risk for developing a cycle of crisis that can place them at risk for hospitalization or other placement.

PATH CSU (Positive Alternatives To Hospitalization Crisis Stabilization Unit) offers a safe and therapeutic environment for youth to de-escalate from a crisis situation, stabilize for a period of time, and develop the skills and awareness essential to ongoing recovery.

Who do we serve?

PATH CSU serves youth who live in the service area of any Region 3 Community Services Board.

- Mount Rogers
- New River
- Highlands
- Blue Ridge
- Southside
- Piedmont
- PD 1
- Dickenson
- Cumberland
- Danville- Pittsylvania



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Mount Rogers
COMMUNITY SERVICES



PATH CSU

Crisis Stabilization Unit for Youth