

## Admission Criteria

Youth between the ages of 5 and 17 who are experiencing a behavioral health and/or substance use crisis and live within Region III are eligible for PATH Youth Crisis Stabilization Unit.

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

Eligible individuals will present one or both of the following criteria:

1. Abrupt and substantial changes in behavior noted by severe impairment or acute decompensation in functioning related to a behavioral health problem.
2. Actual or potential danger to self or others.

Individuals being admitted for Withdrawal Management must be at moderate to high risk of withdrawal, requires medical monitoring, and are manageable at this level of 24 hour, structured setting.

## 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.

## 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.

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

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



# Contact Information

To make a referral, please use the following contact information:

**Address:** 4419 East Lee Highway  
Max Meadows, VA

**Phone:** (276) 227-0489

**Region III Crisis Response & Child Psychiatry Grant Clinical Services Director**

**Email:** [morgan.greer@mountrogers.org](mailto:morgan.greer@mountrogers.org)

**Phone:** (276)-239-0127



Visit us online at:  
[mountrogers.org](http://mountrogers.org)

**PATH CSU**  
Crisis Stabilization Unit for Youth