

CRISIS STABILIZATION COMMUNITY BASED SERVICES

Seasons is an accredited **Crisis Stabilization Community Based Services (CSCBS)** agency offering services designed to de-escalate a crisis situation and stabilize an individual following a mental health crisis. The goal of this service is to keep an individual in their home/community, somewhere that is less intensive and restrictive than an inpatient hospital. Services are provided in-person or virtually and can take place at home, work or school.

If eligible, **CSCBS** care will include the following for up to five days:

- In person, one hour-long appointments at a location of your choosing to work on skill building
- Daily virtual appointments with a mental health professional
- Development of a written, short-term stabilization plan
- Connection to medication, counseling, and peer support services as well as connection to ongoing services within the community



CSCBS services are available for adults and children in the following counties:

**Clay | Dickinson | Emmet
Lyon | O'Brien | Osceola
Palo Alto | Sioux**

seasons

CENTER FOR BEHAVIORAL HEALTH



Guiding **INDIVIDUALS** and **FAMILIES**
towards a *meaningful* and *fulfilling* life.

INNOVATION | IMPACT | INFLUENCE

Referrals & Appointments: **800-242-5101**

24/7 Talk & Crisis Line: **844-345-4569**

www.seasonscenter.org

