

Notes

Helpful Numbers
During a Mental
Health Crisis

CSB Emergency Services

- Henrico.....804-727-8484*
- Hanover.....804-365-4200*
- Chesterfield.....804-748-6356*
- Crossroads.....1-800-548-1688*
- Goochland.....804-556-3716*
- Powhatan.....804-598-2697*
- District 19.....804-862-8000*
- RBHA.....804-819-4100*

Crisis Text Line

741-741

Suicide Hotline

1-800-273-8255

Suicide/Hopeline

1-800-784-2433

*If you are unsure you can always
call emergency services by
dialing 9-1-1*

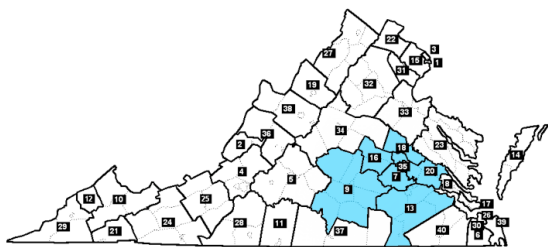


Children's Response
and Stabilization Team





CREST acts as a resource for the youth of Region IV who are in crisis and need help. With quick response and assistance connecting to ongoing services, CREST hopes to reduce the cycles of crises and prevent the need for more intense care.



Region IV

Region IV covers these CSB areas: Chesterfield Mental Health, RBHA (Richmond), Henrico Mental Health, Hanover County, District 19 (Petersburg/Emporia), Crossroads (Farmville), Powhatan/Goochland CSB.

What to Expect

The first days

The hospital or other provider will make the referral and your family will be contacted within one business day to begin services. The CReST clinician will contact your family and schedule a visit at a location that works for your family.

At the first visit

The clinician will visit you and complete an assessment to get a better understanding of how to help your family. This will help them figure out which services may best address the needs of your child and your family. Additionally, they will assist you to develop a crisis plan and roles to address crises as they arise.

The next few weeks

The CReST clinician will continue to work with your family and schedule home visits at a frequency that meets your family's needs. After roughly two weeks, the clinician will hold a family counseling session, allowing you and your family to assess how things have progressed. The clinician assists you with linkage ongoing providers when necessary.

Around 30 days

The CReST program is structured to last approximately one month. Your CReST clinician will ensure services with providers have begun and are running smoothly before your case is closed.

Frequently Asked Questions

- Do I have to participate in services?

*Services are **not** mandatory, but are designed to help your family reduce the need for emergency crisis services in the future.*

- Do I need to have insurance?

There are no insurance requirements to participate in CReST, and no out of pocket expense.

- What do we do if we cannot go to your office?

CReST clinicians work to meet you at a time and location that works best for you and can come to your home.

- How long does this program last?

On average, our cases are open for thirty days. However, we will continue working with your family until a connection to the appropriate ongoing services has been made.

Contact Us

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